



HERO
PRESS RELEASE
(For immediate release)

HERO releases video case study series on Workplace Mental Health & Employee Experience

The HERO Employee Experience Committee (EEx) and Workplace Mental Health and Well-being (WMHW) Committee completed video interviews with select employers to discuss their work advancing these initiatives.

Raleigh, NC (February 7, 2023) – The Health Enhancement Research Organization (HERO) has released new video case studies from HERO’s Employee Experience Committee (EEx) and Workplace Mental Health and Well-being (WMHW) Committee. Throughout 2022, the two committees selected employers making notable strides as exemplars in advancing employee experience and workforce mental health and well-being.

“HERO’s committees continue to spotlight exceptional employers through case studies and now videos that demonstrate how to connect science and practice for the employer ecosystem,” commented Karen Moseley, HERO President & CEO.

The case study video interviews are available for public viewing for one month – through March 7th – before becoming exclusive content for HERO members. A few of the highlighted organizations are:

- [The American Heart Association](#) (WMHW)
- [Andersen Construction](#) (WMHW)
- [HUB International](#) (EEx)
- [Jackson Healthcare](#) (EEx)
- [Metro Nashville Public Schools](#) (WMHW)
- [University of Michigan](#) (EEx)

HERO is a member-driven collaborative of employers and partners with a shared vision that all employers value health and well-being as a business imperative. HERO actively and continually provides leadership critical to advancing the well-being and performance of the nation’s workforce. For more information on HERO committees, contact Emily Wolfe, HERO Director of Learning Experience at emily.wolfe@hero-health.org.

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About HERO – HERO (Health Enhancement Research Organization) is a not-for-profit, 501(c)(3) corporation that was established in 1996. HERO is dedicated to identifying and sharing best practices that improve the health and well-being of employees, their families, and communities. To learn more, visit www.hero-health.org. Follow us on Facebook at facebook.com/heroehm; and on [LinkedIn](#).