



NEWS RELEASE

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AnMed Health receives the American Heart Association's highest honor for a Fit-Friendly Worksite

(Oct. 17, 2012 – Anderson, S.C.) – The American Heart Association recently honored AnMed Health as a Platinum-Level Fit-Friendly Worksite for helping employees eat better and move more.

“Physical activity and employee wellness are important priorities at AnMed Health. We are honored and excited to be recognized by the American Heart Association as a Platinum-Level Fit-Friendly Worksite,” said AnMed Health CEO John Miller. “We’re committed to providing the best workplace environment possible. This will benefit our employees’ health and produce even more positive results for our worksite overall.”

Platinum-level employers:

- Offer employees physical activity options in the workplace,
- Increase healthy eating options at the worksite,
- Promote a wellness culture in the workplace,
- Implement at least nine criteria outlined by the American Heart Association in the areas of physical activity, nutrition and culture,
- Demonstrate measurable outcomes related to workplace wellness.

AnMed Health offers a number of ways for employees to get healthy. Through the wellness program, “We’re Healthy Together,” employees have access to free wellness coaching, fitness programs and health fairs. Those who join the program and work toward or maintain their health goals receive discounts on their health insurance. AnMed Health has also made eating better easier by clearly identifying healthy choice options in its cafes and posting nutrition facts on its menus.

The Fit-Friendly Worksites program aims to create positive change in the American workforce by helping employers make their workers’ health and wellness a priority. American employers are losing an estimated \$225.8 billion a year because of health care expenses and health-related losses in productivity. Many American adults spend most of their waking hours at sedentary jobs. Their lack of regular physical activity raises their risk for a host of medical problems, such as obesity, high blood pressure and diabetes. Employers face \$12.7 billion in annual medical expenses due to obesity alone. The

American Heart Association is working to change corporate cultures by motivating employees to start walking, which has the lowest dropout rate of any physical activity.

For more information about the Fit-Friendly Worksites program, visit startwalkingnow.org.

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