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Allegacy Federal Credit Union Named “Best In Class” At Triad's Healthiest Employers Event

Winston-Salem, N.C., July 1, 2011 – Allegacy Federal Credit Union was named “Best In Class” during the “Triad’s Healthiest Employers” inaugural awards program sponsored by *The Business Journal*. Allegacy was one of three finalists in the 100 to 499 employee category.

The Healthiest Employers award recognizes employers that are committed to creating a healthy workplace. Allegacy’s 2 ½ year old AllHealth program was introduced to promote healthy lifestyle choices with programs and incentives to keep well. AllHealth entered into a one-of-its-kind partnership with Forsyth Medical Center/Novant Health in late 2010 which added biometric screenings to determine benchmarks regarding blood pressure, cholesterol and glucose levels and an on-site wellness coach to help with goal setting and track results.

"Employees are our greatest investment and we want to help them make smart, healthy choices," said Ray Crouse, Allegacy president and managing director of Allegacy Services, who accepted the award along with Michele Wille, Allegacy wellness committee leader. "We were honored to be recognized among the top Healthiest Employers in the Triad and we congratulate the other nominees and applaud their dedication to wellness initiatives."

The Healthiest Employers program measures six key categories related to wellness, including culture and leadership commitment, communication, marketing, reporting and analysis.

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In addition to the biometric screenings, other significant offerings of the Allegacy AllHealth program include a lactation room, Weight Watchers at work, walking programs, on-site personal trainers, intramural volleyball and softball teams, 5K training sessions, Wellness Wednesdays employee communication, lunch 'N learns, online webinars, financial and PTO incentives to meet wellness goals and behavioral services and Hospice counseling to address emotional wellness.

“The biometric screenings and coaching sessions are extremely popular with 81% of employees participating, which is well above average of more established programs,” said Ashley Kohlrus, Allegacy VP for human resources and AllHealth Wellness Champion. “We are thrilled that out of that participation number, 88% met their 1st quarter incentive criteria. Our wellness program is more than a project. It is an evolution of the organization’s culture to communicate, educate, and motivate our employees through promoting healthy lifestyle choices and providing programs and incentives that encourage employees to keep well.”

For Allegacy employee Rickisha Mitchell, the AllHealth Wellness Program has not only drastically changed her life, but her family’s as well. After her 35-year-old husband’s recent health scare and subsequent diagnosis of hypertension, she is now sharing exercise and lessons learned at work with her family. “He lived a lifestyle of fast food and high stress,” said Mitchell. “Now he listens with anticipation of learning for himself rather than the ‘that’s great honey’ attitude he had before.”

Allegacy plans to continue to grow its AllHealth program with enhanced employee incentives and expanded offerings in the future.

About Allegacy

Allegacy is one of the largest credit unions in North Carolina, with members throughout the world. Founded in 1967 in Winston-Salem, Allegacy serves the employees, retirees and families of more than 550 companies throughout the country, offering virtually all personal and business financial services. Allegacy Financial Centers are concentrated in the Triad area with 14 convenient locations and five high school student-run credit unions in the Winston-Salem/Forsyth County School system. For more information, visit AllegacyFCU.org.

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