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Allegacy Federal Credit Union Named One Of The Healthiest 100 Workplaces In America

Winston-Salem, N.C., January 22, 2014 – Allegacy Federal Credit Union has been honored as one of the 2014 Healthiest 100 Workplaces in America, competing with over 5,000 organizations of all sizes across the United States. These state and national awards recognize employers who have comprehensively incorporated the most effective employee wellness programs and practices. The Healthiest 100 have successfully implemented practical, effective and continuously improving corporate wellness strategies for creating a sustainably healthy workplace.

The award, presented by Healthiest Employers, a leader in employee health analytics, best practices and benchmark data, recognizes employers that are committed to creating a healthy workplace. Allegacy started its AllHealth Wellness program in 2009 and has been a finalist for the Triad's Healthiest Employer for three years in a row and the top winner locally in 2011 and 2013, qualifying Allegacy to compete nationally.

“We are honored to be the only credit union recognized on a national level for Allegacy’s AllHealth Wellness efforts,” said Cathy Pace, Allegacy CEO. “We believe that committing to corporate wellness is simply the right thing to do for our employees and they have responded in big numbers with the participation level for the past three years remaining at 86% or higher. It is an expectation that our employees remain dedicated to our mission and our members, and in return, we believe it is our duty to provide them with the tools, resources and environment that promotes a healthy life both physically and financially.”

Pace said a key ingredient to the success of the AllHealth program is its unique collaboration with Novant Health. The two organizations teamed up in 2010 to create a customized program for employees which provide health risk assessments, free health screenings, biometric screenings and onsite face-to-face coaching for employees.

“Novant Health is proud of its remarkable partnership with Allegacy Federal Credit Union, and we salute the company for its commitment to building and sustaining a healthy workplace,” said Ophelia Garmon-Brown, MD, senior vice president for corporate health programs for Novant Health. “Being named one of the top 100 companies in the nation for employee wellness is an outstanding achievement. Allegacy is an admirable role model for other employers that wish to create a culture of wellness to improve the health of their employees.”

Some of the other distinctive offerings of Allegacy’s AllHealth Wellness program include financial and paid time off incentives, fruit of the month delivery to every employee, discounted YMCA memberships for employee families, Hospice counseling to address emotional wellness, and the creation of ‘Wellness Corners’ where employees can take a break, de-stress, read wellness educational materials while listening to soothing music.

Payoff, in terms of productivity, absenteeism, health premiums, employee morale, has been exceptional. For three years in a row, Allegacy experienced no increase in medical premium. Results show the credit union had a 75% reduction in employees in the high risk stratification (5 or more health risk factors), and a 17% increase in low risk stratified employees (1 health risk factor or none). Also the number of employees with three or more risk factors decreased almost 30% in 2011 to just under two percent and average work time lost due to sickness or accident dropped almost 13% since 2010.

“The numbers are a great indicator that we have laid a foundational culture of employee-driven wellness that is sustainable. We see our employees support each other on this journey, congratulating small and large accomplishments,” said Pace. “This award demonstrates that we are not following best practices, but creating them with our partnerships. We are proud to be the credit union leader in this space and for creating incentives to encourage our Allegacy family to commit to healthy lifestyles.”

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 has a broad membership base, current members include the employees, retirees and families of over 600 companies throughout the country. Allegacy offers virtually all personal and business financial services. Allegacy Financial Centers are concentrated in the Triad area with 14 convenient locations and seven high school student-run credit unions in the Winston-Salem/Forsyth County School system. For more information, visit AllegacyFCU.org.

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