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Allegacy Federal Credit Union Honored At Triad's Healthiest Employers Event

Winston-Salem, N.C., July 1, 2014 – Allegacy Federal Credit Union was named 'Best in Class' during the "Triad's Healthiest Employers" awards program sponsored by *The Business Journal*. Allegacy was one of five finalists in the 100 to 1,499 employee category.

The Healthiest Employers award recognizes employers that are committed to creating a healthy workplace. It measures six key categories related to wellness, including culture and leadership commitment, communication, marketing, reporting and analysis. Allegacy's AllHealth program was introduced in 2009 to promote healthy lifestyle choices with programs and incentives to keep well.

"Five years ago we realized our overall mission to help members make smart financial choices could be expanded to have an additional goal for our employees. There was a need to help our employees make smart healthy choices as well," said Garrick Throckmorton, HR Manager, organizational and employee development. "We are proud to share that our 2014 AllHealth employee participation has increased to 96 percent."

Allegacy started AllHealth with a focus on education, physical activity, and morale-oriented programs. In late 2010, it entered into a one-of-its-kind partnership with Novant Health 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. Mental health and hospice counseling to address emotional wellness in addition to the physical wellness options were soon

added. An employee led wellness committee provides monthly wellness related programming and a weekly Wellness Wednesday newsletter to keep employees informed about fitness, nutrition and stress reduction options. Since a partnership with the YMCA of Northwest North Carolina began in August 2012 there have been over 5,200 employee visits to the YMCA.

“We are honored to be recognized as a top Healthiest Employers in the Triad for the third time and congratulate the other nominees for their dedication to wellness initiatives,” said Cathy Pace, CEO, Allegacy Federal Credit Union. “While we have seen dramatic financial returns on investment, the greatest measurement of success is the improvement of our employees’ lives. When our program began we had an average of 2.4 risk factors per employee in the organization. At the end of 2013 we have reduced that number by 33 percent.”

Allegacy employee Berlinda Little has experienced great success with the program. She dropped weight and eliminated two medications previously used to control high blood pressure and is spreading her wellness knowledge within her community. “I can now say that I am a runner and have even started leading a walking and running group through my church,” said Little. “Ultimately, I am appreciative to Allegacy for allowing me the opportunity to make a positive change in my life.”

For Allegacy leaders, the difference between a wellness program and a wellness culture is success. “Start with a strategic organizational wellness plan that is actively supported by senior leadership and aligned with your organization’s culture,” said Throckmorton. “Involve employees in determining what’s important to them and how and when they want to participate in wellness initiatives. We know from research and personal experience that random wellness programs rarely thrive or provide the desired results over time. It is only when an organization creates a strategic plan for integrating wellness into their culture in a manner that is unique to their needs that sustentative and sustained results are seen.”

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 open to anyone in our community. Current members also 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 15 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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