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Allegacy Federal Credit Union Recognized As An American Heart Association Fit-Friendly Worksite

Winston-Salem, March 3, 2015 – Allegacy Federal Credit Union, one of the largest credit unions in North Carolina, has been recognized as a platinum-level ‘Fit-Friendly Worksite’ by the American Heart Association for helping employees eat better and move more.

“Employee wellness remains one of our top priorities at Allegacy Federal Credit Union and one we have invested heavily in to make sure we create a great workplace and support a healthy quality of life for our employees,” said Cathy Pace, CEO, Allegacy Federal Credit Union. “We are honored and excited to be recognized for the second year in a row by the American Heart Association for our AllHealth Wellness program which started in 2009. We are committed to sustaining a culture of health that supports healthy lifestyle choices for the mind, body, spirit, and soul.”

Criteria for 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

The AllHealth wellness program provides employees health risk assessments, free health and biometric screenings and onsite face-to-face wellness coaching via a unique collaboration with Novant Health. This collaboration allows each employee to receive a customized report that helps predict the future state of their health so that lifestyle changes can be immediately implemented.

Other distinctive offerings that support the mind, body, spirit and soul include providing subsidies towards the purchase of healthy food items, access to mental health providers, and onsite massage to facilitate a better work life balance. Allegacy provides a free gym and fitness classes at its headquarters, in addition to a strong partnership with the YMCA of NWNC. Since 2012, AFCU employees accounted for over 6,000 visits to the YMCA.

Whether it is through Allegacy's Employee Assistance Provider partnerships, which include various counseling services, or through the 3,500 hours employees committed to community service hours in 2014, Allegacy strongly supports the well-being of its employees' spirit.

According to the American Heart Association, American employers are losing an estimated \$225.8 billion a year because of healthcare expenses and health-related losses in productivity, and those numbers are rising.

For Allegacy, improvements in productivity, absenteeism, and employee morale have been realized since it began building a culture of health. Since the inception of the AllHealth program Allegacy employees have also seen a 50% reduction in their health risk factors and have engaged with the program at a 95% participation rate.

Organizations that want to consider becoming a Fit-Friendly Worksite may call the American Heart Association at 336-918-4245 or visit startwalkingnow.org.

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 eight high school student-run credit unions in the Winston-Salem/Forsyth County School system. For more information, visit AllegacyFCU.org.

About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke – America's No. 1 and No. 4 killers. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or join us, call 1-800-AHA-USA1 or any of our offices around the country, or visit heart.org.

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