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

*Leaders tout creating culture as top reason for success*

**Winston-Salem, N.C., June 25, 2015** – Allegacy Federal Credit Union has been named ‘Best in Class’ during the Triad’s Healthiest Employers awards program sponsored by *The Business Journal*. Allegacy was one of four finalists in the 2 - 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, foundational components, communications and marketing, strategic planning, programming and interventions and reporting and analysis. Allegacy’s AllHealth program was introduced in 2009 and has earned the ‘Best in Class’ honor four times since 2011.

“We believe that investing in the health of our employees is the right thing to do for our workforce and their families, and also the right thing to do for our business and community,” said Cathy Pace, CEO/President, Allegacy Federal Credit Union. “Building a holistic culture of health has been key to making our AllHealth Wellness program a success. Employees enjoy resources and incentives that support their desire to find purpose at work while improving their physical, emotional, social and financial wellbeing. Our AllHealth participation rates stay around 95 percent.”

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Early in the program, Allegacy entered into a one-of-its-kind partnership with Novant Health which offers 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. Other distinctive offerings include subsidies for the purchase of healthy food items, access to mental health providers, onsite massage, and career development planning resources to facilitate enhanced engagement at work. 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 7,500 visits to the YMCA.

“While we have experienced dramatic financial returns with our wellness program, our greatest sense of pride is the fact that our risk factors per employee have been reduced from 2.4 in 2010, to a mere 1.2 today,” Garrick Throckmorton, assistant vice president, organizational development. “Employees spend nearly half their waking hours at work so it’s evident that employers have the potential to be a solution to the problem of the declining health of the United States.”

While health outcomes are a critical measurement, it’s important to understand the broader return as well, said Throckmorton. “We believe that securing your workforce’s trust is the most critical and foundational cultural trait that impacts our success. Since beginning the AllHealth Wellness Program, we have experienced a 116% increase in employee engagement scores.”

### **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](http://AllegacyFCU.org).

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