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## **AFCU Successful Wellness Program Featured in National Study**

**Winston-Salem, N.C., October 28, 2015** – Allegacy Federal Credit Union’s successful AllHealth wellness culture is one of nine companies featured in a comprehensive new workplace wellness guide from Transamerica Center for Health Studies and Johns Hopkins Bloomberg School of Public Health.

[\*From Evidence to Practice: Workplace Wellness that Works\*](#) is an evidence-based, workplace health promotion guide for employers. It covers employee and organizational health factors and steps for implementing a workplace wellness program and highlights employer success stories.

“Allegacy is honored to have participated in the study as we are extremely proud of the culture of wellbeing that has evolved within our organization,” said Garrick Throckmorton, assistant vice president of organization development, Allegacy Federal Credit Union. “The solution of the declining health of the United States worker lies inside companies, so if we can invest in employees we can solve a local, regional and national problem. The healthcare industry doesn’t own the solution, the insurance companies don’t own it, our companies do.”

Dr. Ron Goetzel, a senior scientist and director at the Institute for Health and Productivity Studies at the Johns Hopkins Bloomberg School of Public Health, lead the research project. The guide was developed using scientific and academic literature reviews, analysis and subject matter expert interviews that focused on health risk factors, organizational factors and employer wellness program examples.

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“To do this the right way, employers must address both the individual risk factors affecting their employees and the organizational factors that help or hinder employees’ efforts to reduce their risks and get healthier,” said Goetzel. “The strongest workplace wellness programs are building a culture of health that interweaves individual health needs with the overall company goals, and are backed by senior leadership.”

Allegacy’s combination of a holistic design, leadership support, individually tailored programs, smart incentives, and strategic communications have helped improve participation rates from 81 percent of employees in the program’s first year to around 95 percent today. “However, the best statistic yet is Allegacy employees have decreased their average risk factors per person by 50 percent since inception of the program,” said Throckmorton.

Since the implementation of the wellness program, Allegacy has seen a positive impact on business with improved efficiency, net income, and assets. Allegacy has experienced over \$500,000 in savings, and in surveys of employees, trust is up 225 percent, engagement is up 116 percent, and the composite culture score is up 113 percent.

The full Transamerica study can be found [here](#). Allegacy’s success story is highlighted on page 105.

### **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 16 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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