



Contact:  
Chrystal Parnell  
Allegacy Federal Credit Union  
336.774.1105

Karen Jarvis  
The Message Factory PR  
336.575.6102

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

**Winston-Salem, February 5, 2016** – 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.

"We are extremely proud of the culture of wellbeing that has evolved within our organization and we are honored to be recognized for the third year in a row by the American Heart Association," said Cathy Pace, Allegacy President/CEO. "Doing right for our employees' overall wellbeing is the right thing to do and it truly embodies who we are as a credit union."

Allegacy's AllHealth Wellness program began in 2009 and has since garnered great success internally and externally with numerous awards and accolades including participation in a national study on wellness, and recently being highlighted in a worldwide initiative to encourage companies to release their health metrics in annual reports. Allegacy leads the way as the first company in the United States to do just that.

Allegacy's wellness success includes a 94 percent voluntary participation rate, a 50 percent reduction in risk factors since 2010, increased employee engagement level of 166 percent and trust level of 225 percent since 2006.

Criteria for the American Heart Association's platinum-level employers include:

- 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. 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 Northwest North Carolina. Since 2012, AFCU employees accounted for over 8,500 visits to the YMCA. Allegacy also assists its employees' wellbeing by supporting its commitment to community service.

Organizations that want to consider becoming a Fit-Friendly Worksite may call the American Heart Association at 336-918-4245 or visit [startwalkingnow.org](http://startwalkingnow.org). Or if there is interest in starting a wellness culture, contact Allegacy to receive more information from its wellness and organizational health consulting group.

### **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 14 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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