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## **Allegacy Federal Credit Union Honored As Top Triad Healthiest Employer**

**Winston-Salem, N.C., May 5, 2016** – 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 five finalists in the 300 - 999 employee category.

Allegacy’s AllHealth wellness program was introduced in 2009 and has earned the ‘Best in Class’ honor five times since 2011. The award recognizes employers for creating a healthy workplace and measures six key wellness categories including culture and leadership, foundational components, communications and marketing, strategic planning, programming and interventions and reporting and analysis.

“The promise that our organization makes to its employees, members and community is to always do the right thing for their wellbeing,” said Cathy Pace, President and CEO, Allegacy Federal Credit Union. “We are extremely proud of the success of our AllHealth wellness culture and our employees who strive to be the best they can be by embracing the wellness resources and incentives. Those take into account their holistic wellness, as opposed to focusing on a more singular definition of wellness such as physical fitness, for example.”

At Allegacy, employee wellness includes focusing on many dimensions including physical, emotional, social, financial, and purpose. The credit union’s offerings include biometric screenings to determine benchmarks regarding blood pressure, cholesterol and glucose levels and an on-site wellness coach to help with goal setting and tracking results, as well as subsidies towards the purchase of healthy food items, access to mental health providers, onsite massage to facilitate a better work life balance, and career development resources. Allegacy provides a free gym and fitness classes at its headquarters, in addition to discounts at the YMCA.

Financial incentives include health savings and flexible savings account contributions, additional paid time off, health insurance premium reductions, wellness related gift cards, race registration fee reimbursement, and incentives tied to YMCA engagement.

Allegacy has partnerships with numerous health organizations such as Novant, YMCA of NWNC, Vitality Institute and the UNC School of Public Health, which helped design a wellness ROI calculator that takes into account the overall impact that occurs when investing in employee wellbeing.

“Our research has shown that for every dollar we invest in employee wellbeing, we are receiving a two dollar return,” said Garrick Throckmorton, assistant vice president, organization development. “In addition to financial returns, Allegacy employees have seen a 50 percent reduction in risk factors since the wellness program began. Biennial culture surveys have also shown measurable increases in both employee engagement and trust during that same timeframe.”

Allegacy’s wellness efforts also impact employees’ families. The credit union has opened evening fitness classes and its onsite gym to employee family members. “This is just one small way we are demonstrating care for their wellbeing as well,” said Throckmorton.

### **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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