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Allegacy Federal Credit Union Releases White Paper Focused on Workplace Wellness

Triad businesses experience rewards from AllHealth wellness collaboration

Winston-Salem, N.C., May 2, 2017 – Allegacy Federal Credit Union continues to expand its AllHealth workplace wellness initiatives by releasing a new white paper titled “Building a Holistic Culture of Health and Wellness in the Workplace” that examines steps employers can take to improve the overall health of their employees and generate a positive return on investment.

The white paper offers a holistic approach and insight into workplace wellness, going well beyond just weight loss. The paper examines how the lifestyle choices people make influence their health, the benefits of building a culture of health, and viable solutions and benefits for organizations to make a shift to holistic offerings that include physical, emotional, social, financial, and purpose.

“Given that Americans spend about a third of their adult lives at work, employers have a unique opportunity to influence the health and overall wellbeing of their workforce, and ultimately extending into their families,” said Cathy Pace, President and CEO. “At Allegacy, we want to expand our wellness success and expertise to other businesses in an effort to lead and affect change in corporate wellness programs. AllHealth Wellness Lite is just one avenue that enables us to solidify our mission of helping members and our community be their best.”

Winston-Salem based sock manufacturer Interloop North America introduced AllHealth Wellness Lite to its employees this year. “Our most important stakeholders are our people, so as we began to identify how we would live out our mission, we started with the well-being of our people,” said Shelley Rider, President, Interloop North America. “The reaction has been very positive and within a few days of our kick off meeting I heard stories like the one from one of our directors who said that years ago, when his two kids were small, he used to go to the YMCA.

Now he joined the Y (through the AllHealth Lite program) with his whole family. Another young team member shared how excited her spouse was about the opportunity to be supported in joining the Y, while another was surprised the cholesterol screening was higher than originally thought to be. That employee is following up a few weeks later for another test.”

The white paper also discusses financial wellbeing, an often overlooked component of wellness culture. The American Psychological Association reports that 72 percent of adults feel stressed about money at least some of the time and 22 percent experience extreme financial stress. There is clear correlation between financial stress and physical health whether people avoid visiting a doctor due to financial concerns or engage in unhealthy behaviors to manage the stress. “Interventions such as financial literacy training, financial coaching, and incentive plans can help promote financial wellness, which ultimately improves employee health, productivity, and engagement,” said Pace.

A copy of the white Allegacy paper is available at www.allegacy.org/allhealthwellness and complimentary wellness assessment needs are available to interested businesses. AllHealth Wellness Lite is a turnkey wellness option for small and medium sized organizations looking for a meaningful and affordable way for employers to begin building a culture of health in their organization.

“It’s my hope that most people will have changed at least one thing in their diet or lifestyle based on participating in the wellness program,” said Rider. “This is a proven program with ‘curriculum’ and tools that address the entire person, far beyond what we at Interloop North America were initially thinking.”

About Allegacy

For 50 years, Allegacy has helped its members, employees and the communities it serves be their best by helping people make smart financial choices. By doing right, Allegacy has become one of the largest credit unions in North Carolina serving over 134,000 members worldwide with over \$1.3 billion in assets and an additional billion dollars in assets under management in its financial planning group. With roots in Winston Salem, Allegacy has 12 convenient locations and eight high school student-run credit unions in the Triad. Allegacy offers personal and business financial services to help a broad membership base including the employees, retirees and families of over 700 companies throughout the country be their best. To learn more, visit Allegacy.org.

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