



PRESS RELEASE

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FOR IMMEDIATE RELEASE

**ORTHOCAROLINA EMPLOYEE WELLNESS PROGRAM
RANKS 23RD IN THE U.S.**

*OrthoCarolina also ranks first among Charlotte companies
National program tracks corporate wellness initiatives nationwide*

CHARLOTTE, N.C. (October 3, 2016) – OrthoCarolina’s employee wellness program, Be Well, has been named one of the top workplace wellness programs in the nation by the [Healthiest 100 Workplaces in America](#) annual program, which tracks and measures corporate health across the country. Out of more than 4,000 applicants, OrthoCarolina ranks 23rd out of the top 100 wellness programs in the United States for 2016 and first in the Charlotte region for local Healthiest Employer. The top 100 organizations have comprehensively incorporated the best corporate wellness policies, practices and programs into their workplaces. OrthoCarolina was recognized at the 8th Employer Healthcare & Benefits Congress in Washington, D.C. this week.

OrthoCarolina’s Be Well corporate wellness program is designed and managed by Charlotte-based [Elite Wellness](#), a national corporate wellness consulting company that believes in achieving measurable results for businesses and their employees. Their comprehensive approach to total body wellness includes fitness, nutrition, health screening, education and personal motivation.

The Healthiest 100 uses a two-part scoring process to determine rankings. Employers complete a wellness assessment at [HealthiestEmployers.com](#), administered on a rolling basis throughout the calendar year in 45+ cities and metropolitan regions across nearly 40 states. Applicants are scored with the Healthiest Employers Index (HEI), a 1-100 metric that addresses the six critical dimensions of workplace wellness: culture and leadership commitment, foundational components, annual planning, communications and marketing, programming and interventions, and reporting and analysis. Based on HEI, top ranking semi-finalists are invited to participate in an online instrument to further measure the worksite wellness program, which determines the final rankings.

“It can be challenging for businesses to balance increasing costs with providing employee health opportunities and incentives, but successful companies know that happy, healthy employees are productive employees,” said Bruce Cohen, MD, CEO of OrthoCarolina.

About OrthoCarolina

With expert physicians and care providers in locations throughout our region, OrthoCarolina is one of the nation's leading orthopedic practices and your destination for comprehensive orthopedic care. Our expertise in the areas of foot and ankle, hand, hip and knee, shoulder and elbow, spine, sports medicine and pediatrics to offer a continuum of care unmatched in our region — and throughout the country.

OrthoCarolina. You. Improved.

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