



PRESS RELEASE

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FOR IMMEDIATE RELEASE

**ORTHOCAROLINA EMPLOYEE WELLNESS PROGRAM
RANKS 2ND IN THE U.S.**

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

CHARLOTTE, N.C. (October 2, 2017) –OrthoCarolina has been named one of the Healthiest 100 Employers in America in 2017 by the [Healthiest 100 Workplaces in America](#) for its employee wellness program, Be Well. The annual program, which tracks and measures corporate health across the country, awarded OrthoCarolina a second place overall national ranking out of more than nearly 8,000 total applicants. The applicant pool represents nearly one third of the total U.S. workforce, including a number of Fortune 500 companies. OrthoCarolina, which also ranks first among Charlotte companies, was recognized at the Fitbit Captivate Conference in Chicago on September 19.

The Be Well corporate wellness program is designed and managed by Jason Boudrie, Director of Wellness for OrthoCarolina. The program’s comprehensive approach to total body wellness for employees includes an online portal, data analytics and predictive modeling, integrated fitness devices, annual screenings, onsite fitness, yoga, and other activity-based classes, lunch-and-learns, weight management programs, health coaching, disease management, blood drives, mobile mammograms, health fairs and more. OrthoCarolina also opened a state-of-the-art Sports and Wellness Center in 2017 offering group training and fitness, nutrition counseling and physical therapy.

The Healthiest 100 selects the top 100 organizations each year that have comprehensively incorporated the best corporate wellness policies, practices and programs into their workplaces. The methodology to select the winners 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.

“Employee wellness has been a cornerstone of our culture for many years, and we made the decision to invest in our employees’ health a long time ago because a healthier workforce is a happier and

more productive workforce,” said Bruce Cohen, MD, CEO of OrthoCarolina. “Our staff is enabled to take control of their own health because they have employer-provided incentives in place to manage and improve it.”

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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