



## **PRESS RELEASE**

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**FOR IMMEDIATE RELEASE**

## **ORTHOCAROLINA NAMED HEALTHIEST EMPLOYER IN THE CHARLOTTE AREA FOR SECOND YEAR**

*Independently-owned orthopedic practice receives recognition from Charlotte Business Journal for second straight year*

**CHARLOTTE, N.C. (July 12, 2017)** – OrthoCarolina has been named Charlotte’s Healthiest Employers by the Charlotte Business Journal for the second year in a row, in the category of 1,500-4,999 Employees. OrthoCarolina’s score was also the highest overall for any company in any category in this year’s awards. The Healthiest Employers awards program highlights local companies embracing the benefits of health and wellness programs for their employees. OrthoCarolina currently employs approximately 1,600 people.

OrthoCarolina’s nationally recognized Be Well corporate wellness program involves nearly 90 percent of its staff at 39 locations in health and wellness-focused activities and programs. Variety and convenience are the keys to engaging such a comprehensive number of employees in the wellness program, says Jason Boudrie, Director of Wellness for OrthoCarolina, who has over 20 years of experience in the fitness and wellness industry. Under Boudrie’s guidance, OrthoCarolina offers a companywide comprehensive approach to total body wellness includes fitness, nutrition, health screening, education and personal motivation.

“Health is such an important part of what OrthoCarolina does every day,” says Boudrie. “In order to promote health and wellness to patients we need to have employees who are committed to health and wellness.”

As part of the Be Well program OrthoCarolina offers onsite fitness centers and exercise classes, weight management programs, health fairs, appointments with registered dietitians and health coaches, health screenings, charity walking and running events and more. Employees earn incentives based on participation and progress in programs focused on achieving measurable, individual results. A points-based system with online tools tracks data recorded by employees, who can earn cash bonuses or HSA account bonuses for participation.

OrthoCarolina has saved about \$1.2 million per year since 2014 in employee healthcare costs based on claims cost reductions, healthcare cost savings and trend.

“A secondary benefit of having a healthy workforce is saving on healthcare costs for our staff, because we don’t need to spend as much on it,” says Boudrie. “When we’re healthier as a whole we have more money to put back into our employees and our business.”

Be Well was also named one of the top workplace wellness programs in the nation in 2016 by the [Healthiest 100 Workplaces in America](#) annual program, which tracks and measures corporate health across the country. OrthoCarolina ranked 23<sup>rd</sup> in the top 100 wellness programs in the United States out of 4,000 applicants.

### **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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