



PRESS RELEASE

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FOR IMMEDIATE RELEASE

ORTHOCAROLINA EMPLOYEE WELLNESS PROGRAM RANKED TOP FIVE IN THE U.S.

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

CHARLOTTE, N.C. (October 3, 2018) – OrthoCarolina has been named one of the top five Healthiest 100 Employers in America in 2018 by the [Healthiest 100 Workplaces in America](#) for its employee wellness program, Be Well. The annual program tracks and measures corporate health across the country and receives thousands of applications for its Healthiest Workplaces awards program each year. The applicant pool represents nearly one third of the total U.S. workforce, including a number of Fortune 500 companies. This is the third year in a row OrthoCarolina has ranked in the top 25 healthiest companies nationwide, and the third year they have taken the top spot as healthiest employer in Charlotte.

OrthoCarolina's Be Well corporate wellness 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 Wellness Center in Matthews, N.C. 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.

“OrthoCarolina knows that health, including that of our own, is a priority -- so we made the choice to invest in our employees and give them the tools to help manage their own health,” 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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