



NEWS RELEASE

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AnMed Health recognized as an American Heart Association Fit-Friendly Worksite

(Anderson, S.C. – May 13, 2016) – AnMed Health has been recognized as a Platinum-Level Fit-Friendly Worksite by the American Heart Association for helping employees eat better and move more.

"AnMed Health would like to lead by example for exceptional health and wellness and it all begins with our employees," said Tara Hicks, director of AnMed Health Employee Health and Occupational Health. "We're committed to providing the best workplace environment for our employees by making physical activity and employee wellness top priorities. We are honored to be recognized by the American Heart Association for our efforts."

According to the American Heart Association, platinum-level employers offer employees physical activity options in the workplace, promote a wellness culture and demonstrate measurable outcomes related to workplace wellness. The Fit-Friendly Worksites program is a catalyst for positive change in the American workforce by helping worksites make their employees' health and well-being a priority.

American employers are losing an estimated \$225.8 billion a year because of health care expenses and health-related losses in productivity, and those numbers are rising. Many American adults spend most of their waking hours at sedentary jobs. Their lack of

regular physical activity raises their risk for a host of medical problems, such as obesity, high blood pressure and diabetes. Employers face \$12.7 billion in annual medical expenses due to obesity alone. The American Heart Association is working to change corporate cultures by motivating employees to start walking, which has the lowest dropout rate of any physical activity.

"It's never too late to start reaping the benefits of a wellness program like the one we enjoy at AnMed Health," said Tara Ponder, AnMed Health Wellness Supervisor.

"Employees who eat better and move more don't just improve their employer's bottom line; those employees feel better about themselves and the work they do."

For more information about the Fit-Friendly Worksites program and how it's helping to improve the health of Americans by focusing on the workplace, visit heart.org/worksitewellness.

About the American Heart Association

The American Heart Association is devoted to building healthier lives, free of cardiovascular diseases and stroke. Our mission drives everything we do. To improve the lives of all Americans, we provide public health education in a variety of ways. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or join us, call 1-800-AHA-USA1 or any of our offices around the country, or visit heart.org.

About AnMed Health

AnMed Health is a five-hospital, 695-bed not-for-profit health system serving the South Carolina Upstate and northeast Georgia. The AnMed Health System includes 50 practices and more than 400 physicians. The system is anchored by AnMed Health Medical Center, a 461-bed acute care hospital that carries the prestigious Magnet[®] hospital designation. Facilities include AnMed Health Women's and Children's Hospital, AnMed Health Rehabilitation Hospital, Cannon Memorial Hospital in Pickens, and Elbert Memorial Hospital in Elberton, Georgia. A charter member of the Levine Cancer Institute, AnMed Health also has an affiliation with Carolinas HealthCare System in Charlotte, North Carolina.

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