

SPECIAL SECTION

Highlighting companies that prioritize employee health

Welcome to Atlanta Business Chronicle's Healthiest Employers awards special section, which features businesses and organizations in the metro area who have been most successful in employee wellness.

We partner with Healthiest Employers LLC, a privately held data research company based in Indianapolis, focused on the corporate wellness industry, to bring you our fifth annual special section and awards event that celebrates achievements in workplace wellness.

Healthiest Employers uses proprietary technology to collect, measure and compare corporate wellness data worldwide. Atlanta companies were invited to take a survey that measured their employee wellness efforts. Data from the surveys was collected, and an online assessment tool measured wellness programming in six categories: culture and leadership commitment; foundational components; strategic planning; communication and marketing; programming and interventions; and reporting and analysis.

The scoring methodology includes an

assessment made up of 65 scored questions that total 600 available points. Upon completion of the assessment, a participant's responses are graded on a 0-100 scale to determine its Healthiest Employer Index, which is used for scoring and comparison to peers.

In the Feb. 12 awards event and this section, we honor the top 10 companies in three size categories: Small Company, with 2-99 employees; Medium Company, with 100-499 employees; and Large Company, with 500 or more employees. The top-ranked Small Company again this

year is Meadows & Ohly LLC; the No. 1 Medium Company was The Winter Construction Co.; and the top Large Company was Jackson Healthcare.

The 30 ranked organizations were slated to be honored at a Feb. 12 breakfast. We hope you find inspiring and informative the following stories about how these companies partnered with their employees to create a culture of health and well-being.

- Jessica Saunders,
Managing Editor

Medium Employers

No. 2

Good nutrition is always a top priority for employees at Norcross-based **Service Foods**, a company that provides home delivery service of gourmet, all-natural foods.

"Wellness is part of our culture," said Keith Kantor, CEO, who holds a doctorate in nutritional science. "All employees and their families are provided gym memberships, FIX-fits, all-natural food, wellness seminars, a portal with wellness

information, a dietitian and a fitness expert as part of their employee package."

The most popular wellness perks, according to Kantor, are the personal trainer, personal dietician and free or discounted all-natural foods—a perk extended to the employees' families.

"Our program stresses the fact that over 75 percent of all chronic disease is nutrition-related," Kantor said. "So although we have exercise and personal trainers, the biggest results come from

proper nutrition, all-natural foods and the personal dietitians."

In 2014, employees became more involved in UtiliFIT, a daily fitness activity game that sends employees electronic messages with exercise instructions every hour to address the health concerns associated with sitting for hours.

Another perk that has gained popularity is the company's telemedicine offering which allows all employees access to a doctor within two minutes.

"From these programs we have noticed almost 100 percent participation and over a 25 percent decline in missed work due to sickness," Kantor said.

The company's wellness program builds camaraderie among employees, Service Foods receptionist Jacqueline Lopez said. "We push each other to make better choices in our everyday lives," Lopez said.

- All stories by Janet Jones Kendall, Contributing Writer