



Media Release

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Daily News WBTA Batavian Multi

City of Batavia Named One of the Healthiest Companies in America
Recognized for Exceptional Participation Rates and Health Improvements through Wellness Initiatives

Batavia, NY; July 6, 2016 – The city of Batavia is proud to announce national recognition as one of the Healthiest Companies in America by Interactive Health, a national leader known for its personalized wellness solutions. The City is one of 154 companies across the country being recognized for helping employees make significant and sometimes life-saving changes to improve their health. This is the first year Batavia has won the award.

With the help of strategic and flexible wellness initiatives, the Healthiest Companies in America recipients have accomplished tremendous success, achieving participation rates in excess of 70 percent and a low-risk health score for their total population, based on rigorous and clinically sound health evaluations.

The City of Batavia reached full participation with all its collective bargaining units in 2014 and currently realizes a 97% participation rate among all eligible employees and spouses. “Our Wellness Initiative has been part of the City’s strategic plan since 2013,” said City Manager Jason Molino. “We’ve seen outstanding results in a very short amount of time, and this translates to healthier City employees and dependent spouses and fewer dollars spent on healthcare costs.”

Participating City employees and their spouses are measured against an Interactive Health Index (IHI) designed to help members understand where they stand for future risk of coronary heart disease and diabetes. The index is composed of five modifiable risk factors: smoking, glucose, blood pressure, triglycerides and LDL cholesterol – all potential causes of serious health problems. “Our wellness program is all about cost avoidance,” explains Dawn Fairbanks, Human Resources Specialist the unhealthiest of medical plan members cost an annual average of \$21,766 per person while the healthiest plan members cost only \$310 per person. Our goal is to help each member identify their base line and introduce them to resources to help them improve on those numbers – essentially moving them from unhealthy towards healthy.” The numbers speak for themselves. Last year, 86 City employees and spouses were asked to improve scores related to the IHI, and one year later, 51 of those have improved scores, while 25 have remained the same and only 10 have regressed.

Interactive Health’s workplace wellness programs transform companies and their employees by helping people understand how they can improve their health. Beginning with a thorough health evaluation to identify risk, individuals learn more about their health status through: rapid outreach by health coaches, connection to personal physicians and other resources, and a personalized course of action. In addition, members who engage with the Interactive Health member website during their program have a 12-percent higher rate of achievement of personal health goals than those who do not take advantage of the online tools. About Interactive Health

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[Interactive Health \(www.interactivehealthinc.com\)](http://www.interactivehealthinc.com), the country's leading provider of health management solutions, creates innovative wellness programs designed to increase overall company health and actively engage employees to make lasting behavior changes. By offering health assessments that detect risk at the earliest possible stage, Interactive Health has the capability to immediately intervene and engage at-risk participants with a personalized course of action. Interactive Health has a 20-year track record of creating the Healthiest Companies in America. For more information on Healthiest Companies in America, visit <http://interactivehealthinc.com/client-success/healthiest-companies/>.

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