



## NEWS

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For Immediate Release

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### **First Charleston Healthy Business Challenge Celebrates Successes at Awards Event**

**60 Businesses participate in 2015 Charleston Healthy Business Challenge, a free program to encourage and assist Charleston area businesses in establishing work environments that promote a culture of wellness.**

**Charleston, S.C. (Tuesday, December 15, 2015)** – On Wednesday, December 2 at 4:00 at The Maritime Center in Charleston, SC, 60 area businesses were recognized for their participation and successes in the first annual *Charleston Healthy Business Challenge*, a collaborative program developed by the City of Charleston and the Medical University of South Carolina with support from presenting sponsors Arthur J. Gallagher & Company and BlueCross BlueShield of South Carolina. The purpose of the program is to encourage and assist businesses and organizations in establishing work environments that promote a culture of wellness. During opening remarks, Brandon Guest, AJG Area President said “The Charleston Healthy Business Challenge provided an environment to learn and share ways to build healthy organizations. We look forward to our continued participation in this excellent program.”

The Challenge is free, voluntary and open to all business in the Charleston metropolitan area. Participants register online for access to the Charleston Healthy Business Challenge Scorecard which outlines various actions to take to create a healthier workplace. Over 350 participants attended Quarterly seminars hosted by MUSC and sponsored by MUSC, Sodexo, Coca-Cola, Prudential and CVS that focused on each of the four pillars of worksite wellness (healthy eating, active living, tobacco-free worksites and stress management) and provided participants with valuable tools and resources to help reach their worksite wellness goals. “We are changing the norm of the workplace environment to one that embraces a culture of wellness as the new standard operating procedure,” said Dr. Susan Johnson, director of health promotion at MUSC. “By making health a priority at work, we see changes in employees, in their families and in our communities.”

Several organizations who were awarded the Gold award shared strategies they implemented while participating in the challenge. Dixie Norris, director of human resources at Kiawah Partners stated that over 300 employees and spouses participated in their wellness program with significant personal health improvements as well as increased productivity and morale. Kristin Willman of Select Health described their employee community supported agriculture program and healthy snack bar while Whitney Stovall of LS3P Associates discussed their Ready. Set. Walk challenge. CMP Federal Credit Union offers wellness activities

focusing on education, prevention and action and employees at Bishop Gadsden are rewarded for wellness activities such as wearing a pedometer, eating healthy, taking the stairs rather than the elevator or biking to work.

According to Mike Harris, vice president of major group sales at BlueCross BlueShield of South Carolina, helping customers achieve improved health status is a long-term commitment. He said, "There are no quick fixes in this effort. Changing behavior and improving health status is a worthy long-term investment. The payoff is an improved quality of life and mitigation in the rise of health care costs. We hope that our participation again this year signals the seriousness of our intent to play a role in improving the health of customers and our communities." A prize package provided by BlueCross Blue Shield of SC valued at \$500 and consisting of on-site wellness consultations and sessions by MUSC Wellness professionals was awarded to Gold Level winners. The following businesses were recognized for their efforts:

**Gold Level (11)**

CPM Federal Credit Union  
Charleston County Government  
MUSC  
City of Charleston  
Select Health of South Carolina  
Johnson & Johnson  
Bishop Gadsden  
LS3P ASSOCIATES LTD  
Kiawah Partners  
HUBNER Manufacturing  
Arthur J Gallagher

**Silver Level (9)**

Charleston County Consolidated 911 Center  
Mount Pleasant Waterworks  
Charleston Southern University  
Southern Diversified Distributors  
BlueCross BlueShield of SC  
SC Ports Authority  
Kiawah Island Golf Resort  
SCRA  
East Cooper Meals on Wheels

**Bronze Level (10)**

Charlestowne Hotels  
PMA Corp dba Spherion  
ADC Engineering  
Seamon Whiteside & Associates  
Palmetto Primary Care Physicians  
SCHDEC- Lowcountry Region  
SCANA  
The Village at Summerville  
eSite, Inc.  
Lem Walker Inc.

**Participants (30)**

Dermatology and Laser Center of Charleston  
JW Aluminum  
Bluetowne  
Thompson Heating & Air  
Grow Financial Federal Credit Union  
Rogers and Brown Custom Brokers

Blue Acorn  
Centura College  
Southcoast Community Bank  
Bluetowne  
Coastal Conservation League  
Sonepar  
Memminger Elementary  
Food Source  
Agfa Materials Corporation  
Charleston County Park & Recreation Commission  
CodeLynx  
South Carolina Federal Credit Union  
HLA Inc  
Palmetto Railways  
ZOO! Design Studios  
Atlantic Spine Clinic  
MWV  
SIB Fixed Cost Reduction  
Skytrotter Aviation  
PEOPLEASE  
Kapstone Paper  
MTAG Services  
City of Charleston Green Challenge  
City of Charleston PP&S

Registration for the 2016 Charleston Healthy Business Challenge will begin January 29<sup>th</sup> and a kick-off event will provide interested businesses with additional information on the program.

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#### **About MUSC**

Founded in 1824 in Charleston, The Medical University of South Carolina is the oldest medical school in the South. Today, MUSC continues the tradition of excellence in education, research, and patient care. MUSC educates and trains more than 3,000 students and residents, and has nearly 13,000 employees, including approximately 1,500 faculty members. As the largest non-federal employer in Charleston, the university and its affiliates have collective annual budgets in excess of \$1.7 billion. MUSC operates a 750-bed medical center, which includes a nationally recognized Children's Hospital, the Ashley River Tower (cardiovascular, digestive disease, and surgical oncology), and a leading Institute of Psychiatry. For more information on academic information or clinical services, visit [www.musc.edu](http://www.musc.edu). For more information on hospital patient services, visit [www.muschealth.com](http://www.muschealth.com).