

BEST EMPLOYERS FOR HEALTHY LIFESTYLES SILVER WINNERS

Erie Insurance

Erie Insurance Group's worksite wellness program, Healthy Directions, was established to provide employees with the means to lead healthier lives. A wide range of wellness education and health management programs are made available to employees who voluntarily participate. After-hours aerobics classes are offered onsite, as well as indoor and outdoor walking programs, corporate discounts to fitness facilities, and stretch breaks at work. The company has a long history of commitment to health promotion and recently dedicated a full-time wellness expert to administering the program.

Novartis Pharmaceutical Corporation

Novartis Pharmaceuticals Corporation's employee health strategy is rooted in its core healthcare business. It begins with data -- collecting, analyzing and putting aggregated employee health-related information to use to identify issues, then plan, manage and measure programs to address those priority health areas. With programs ranging from weight loss to smoking cessation available to all employees, as well healthy choice eating in its cafeterias and an on-site fitness center on its main campus, Novartis addresses the priority health concerns of its employees. Its bi-annual health fairs grow more popular each year as a main venue to communicate health benefits information and reinforce the message that Novartis wants its employees to be healthy.

Quebecor World

Fully aware of the impact of health on their medical claims and the overall performance of employees, Quebecor World last year implemented a Wellness Initiative program. The program uses various avenues to positively affect the health of Quebecor World employees and consists of three components: (1) weight loss challenge, (2) health fairs, and (3) monthly communication topics on health and wellness issues. Each company location is required to have at least one health fair per year; health fairs offer body mass index and/or body fat screening, nutrition counseling, visits from local fitness center representatives, and more.

Quest Diagnostics

Quest Diagnostics launched its HealthyQuest initiative in 2005 as part of a long-term commitment to improve the health of employees. In collaboration with another Company program, *Destination: Health*, employees are empowered to become more informed and proactive about their health. Still in its early stages, the initial focus of HealthyQuest is to create and improve awareness about health risk factors. To date, hundreds of passionate employee volunteers have joined HealthyQuest Health Promotion Teams with efforts

directed at meeting specific goals. These goals are to actively promote fitness and stress management, tobacco cessation, weight management and to complete a nutritional audit of all onsite food offerings. After just the first month, support groups and friendly weight-loss challenges are in full swing across the company, nearly 400 employees have enrolled in the smoking cessation program and over 8,600 pedometers have been distributed to employees participating in a pedometer challenge. To further promote individual health awareness, employees have been offered a financial incentive for 2006 if they participate during 2005 in the company sponsored health risk assessment, "Blueprint for Wellness". Already a record number of employees have signed up to participate in the program.