



health+

*wellness*

The Friedkin Group

## ▶ Leadership Philosophy



- **More than fitness** – All facets of our associates' well-being—physical, mental, social and financial health—are important
- **We value our associates** – Our #1 core value sets the standard by which we evaluate and select health and wellness benefit options

## ▶ Highlights



**70%** participation in preventive care programs

**3,400 pounds lost**

Over 250 associates participated in our most recent weight loss challenge



## ▶ Highlights



**Free** instructor-led fitness classes

**Freshness counts**

Partnerships with ADA, AHA and other health organizations to bring fresh, new perspectives to wellness; **plus**, company-subsidized, onsite café offers and promotes healthy options

## ▶ Big Challenges, Bigger Solutions



- **Plan design** – Focus on making better healthcare decisions while maintaining transparency
- **Unique populations** – Auto transport company (90% mobile workforce) focuses on its driver population
- **Robust, creative communications** – Electronic, print and “wellness champions;” tailored to each company

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