

CASE STUDY

Cormetech, Inc.

A Worksite Wellness Exemplar

Cormetech, Inc. actively promotes the worksite wellness at their Cleveland, Tennessee location.

As a business with a self-funded health insurance plan, they noticed a steady increase in their workers' medical claims and became concerned about their workforce's health. They decided to address the issue by offering

- Covered Smoking cessation treatments
- Get Fit program (with Fit Bits as prizes)
- Wellness screenings
- Cooking Classes
- Weight Watchers classes
- Health fairs

99% Participation

Cormetech, Inc., motivated their employees to participate by offering wellness credits for completing wellness activities, such as getting an annual screening, or attending one of the onsite cooking classes. With wellness credits employees receive \$50 off of their monthly health insurance premiums. **99% of employees participate in the wellness credit program to receive that discount.**

Since Cormetech, Inc., implemented their wellness initiatives, they have seen a significant decrease in their health insurance costs, but Brenda Choate, the Human Resource Manager, and wellness champion, says that while the company is saving money, and has seen an improvement in employee morale, employee retention, and recruiting because of their wellness programs and benefits package, they are motivated to promote wellness because **"it is the right thing to do"**. "When, a heart condition is detected because of our on-site screenings or an employee learns that they are pre-diabetic and those issues can now get addressed, or an employee quits smoking, those are the real life-changing success stories we're most proud of."

Cormetech found many low cost, fun activities to roll out that would improve both morale and employee health.

On their annual climate survey, Cormetech's benefits program consistently gets high marks and employees report that they feel their employer cares about them.



Employees participate in Cormetech's 2016 health fair.

