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American Heart Association Recognizes WellMed As Healthy Workplace Receives Gold Level Award Among Start! Fit-Friendly Companies

San Antonio, TX – The American Heart Association has recognized WellMed Medical Management Inc. for its healthy workplace initiatives, naming the healthcare company a 2011 Start! Fit-Friendly Company.

WellMed is a Gold Level Award recipient in the Start! Fit-Friendly Companies Recognition Program, a key element of the American Heart Association's national movement encouraging businesses to promote workplace exercise and good nutrition.

American employers face increasing healthcare expenses and health-related losses in productivity that cost an estimated \$225.8 billion a year. Many American adults spend most of their waking hours at sedentary jobs.

The Start! Fit-Friendly Companies Program encourages companies to make employee health and wellness a priority. Start! helps change corporate cultures by motivating employees to start walking, which has the lowest dropout rate of any physical activity.

WellMed was recognized for wellness initiatives including employee walking challenges, gym membership reimbursements, insurance premium reductions for participation in healthy activities and a robust smoking cessation program.

In October, WellMed was cited for its worksite wellness programs in the first **Healthy Workplaces Recognition Program** sponsored by San Antonio Metropolitan Health District (Metro Health) and the San Antonio Worksite Wellness Task Force.

WellMed, one of San Antonio's largest private employers, has a workforce of 1,700.

WellMed Medical Management is a diversified healthcare company serving more than 90,000 patients in Texas and Florida. WellMed is an industry leader in medical risk management, highly effective disease management and chronic care programs, healthcare delivery services, and more.

WellMed is South Texas' largest physician-owned practice management company and medical group, specializing in senior health care since 1990. With more than 35 medical clinics in Texas and Florida, the vision of the healthcare company and insurance provider is to change the face of healthcare delivery for seniors.

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