



Select Health of South Carolina

www.selecthealthofsc.com

Year founded locally: 1995

Product or service: Statewide health insurance provider

Total number of local employees: 253

Q. What programs have you implemented to create a well workplace?

A. "Our stress-reducing Spa Day has always been a very popular event, along with our nutrition programs. We sponsor cooking demonstrations produced by Fork Fine Gourmet and Catering Events, which provides recipes (and samples) for low-fat appetizers for the holidays. We always have at least two walking and weight-loss programs during the year, along with a weight maintenance program over the holidays," said President and CEO J. Michael Jemigan.

Q. What incentive do employees have to participate and what is the participation level?

A. "Employees participate for the camaraderie, the satisfaction of feeling better and for the chance to win prizes during our contests. Participants have reported decreased stress levels, increased energy levels and better sleep patterns as a result of getting involved in our wellness initiatives," Jemigan said.

Q. How have you been able to measure your results, and what have those results been?

A. "We analyze results from our annual health fairs, our walking and weight loss programs, our health assessments and utilization statistics from our health provider," Jemigan said. "The results have indicated increased participation in wellness activities and a significant reduction in the costs related to medical utilization trends over the past couple of years. ... The establishment of a wellness program is well worth the effort, especially if the program is certified by Welcoa. We use our certification logo, along with our Best Places to Work in South Carolina logo, on all of our advertisements as an excellent attraction and retention tool. Our employees rave about our program and have commented on our employee surveys that they are very pleased that the company cares about their health and that we provide the time and activities to help them stay healthy."

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