



Jackson
Healthcare
2D

ATLANTA'S HEALTHIEST EMPLOYERS

Companies who help employees improve body, mind & spirit



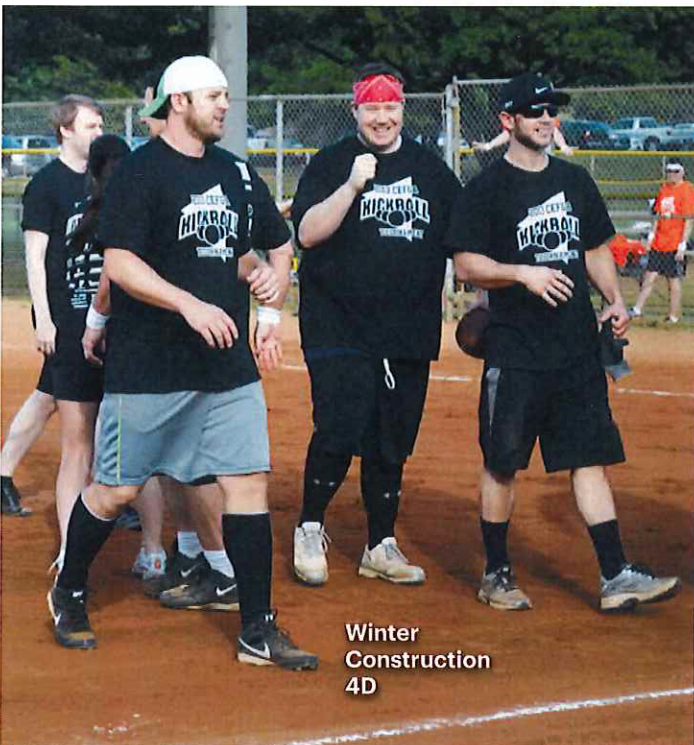
SPECIAL SECTION
February 13-19, 2015
SECTION D



JE Dunn
Construction
9D



Pond & Co.
9D



Winter
Construction
4D



CORE
Benefit
Solutions
11D



Meadows
& Ohly
4D

SPECIAL SECTION

Small Employers

No. 5

City of Avondale Estates employees are encouraged to move toward a healthier lifestyle step by step.

Each day, employees take a "step by step" challenge in which daily steps are tracked through Fitbit devices provided free to all city employees. Those steps are then recorded on the Fitbit community website which links all employees' steps together in an effort to encourage more physical activity and competition through "walk wars." Participants can also compete against themselves, working to lower the amount of time it takes them to walk a mile.

The city also has monthly group sessions on health topics.

No. 6

Each year, brokerage firm **Ironwood Insurance** establishes a firm-wide mission which must carry over into its wellness program. In its mission, "Life Simplified," Ironwood has worked with employees to improve their stress levels and work/life balance. Those goals also align with its core wellness values of plan, refuel, motivate and balance.

The company offers activities focusing on fitness, nutrition, stress management and health education. It partners with WellView Health for biometrics, health risk assessments, vaccinations and on-site health coaching. The firm's medical insurance premium structure gives discounts for voluntary participation in its wellness program.

No. 7

IT services company **BIAS Corp.** adopted the tagline, "Healthy life, productive life," when it launched its wellness program in December 2013. Simultaneously, BIAS created the Wellness Warriors team, employees from different departments including three executive-level managers who initiate health and wellness programming for employees.

Following the creation of the Wellness Warriors, the company's insurance provider—Cigna Health Insurance—rewarded BIAS with a \$2,500 wellness stipend to spend on future employee events, programs and activities. Employees can participate in a variety of BIAS team sports, wellness seminars and charity events that promote good health.

No. 8

The global transportation and logistics business is not known for encouraging good health.

"Our industry is synonymous for high stress and unhealthy lifestyles such as eating on the go, alcoholism, obesity, et cetera," said Suzi Falcone, **Falcone Global Solutions'** CEO and wellness manager.

That's why Falcone Global created a wellness program. Its major component is participation in the Isagenix nutritional cleanse program. All employees who commit to the 30-day diet are rewarded at the end of the period. Employees can also make money by signing up fellow employees, customers or colleagues.

- All stories by Janet Jones Kendall, Contributing Writer

No. 9

As president of **CORE Benefit Solutions LLC**, Lisa Owen knows that employees who participate in wellness programs are healthier, happier and more engaged at home and work.

The all-female team of six CORE employees knows it, too. They work together to eat better, manage stress, stay active and give back to their families and community. In addition to offering

healthy lunch and snack options and participation in community events, CORE allows its employees a number of telecommute days and spa days.

Employees also attend skill-building seminars, on whole-person wellness and setting individual goals, and team-building workshops. Employee healthcare costs, doctor visits and work absences are down while retention and performance levels are up.

No. 10

Since launching its wellness program less than two years ago, **Reproductive Biology Associates** has had three employees drop significant amounts of weight, five employees drop from hypertensive to pre-hypertensive or normal blood pressure levels and dozens more who are becoming more active and more educated in good health practices.

Ongoing team and individual wellness

challenges help keep employees engaged and focused on wellness goals while onsite coaching and in-house nutritious lunches and snacks support them.

Lunch-and-learn seminars feature topics that related to the current ongoing challenge and cover topics such as eating habits and stress mitigation and maintaining a healthy, well-balanced lifestyle.

The fertility medical practice was established in metro Atlanta in 1983.



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ATLANTA'S HEALTHIEST EMPLOYERS SMALL COMPANIES

RANKED BY OVERALL INDEX SCORES

Company / Website	Address / Phone	Brief description of company or services offered	Type of company	Top local executive(s)	Year est. in Atlanta
1 Meadows & Ohly LLC meadowsohly.com	275 Scientific Dr., #1000 Peachtree Corners, GA 30092 678-282-0220	provides specialized health care real estate services	private	Thomas Rhodes	1972
2 American Global Logistics LLC americangloballogistics.com	3399 Peachtree Rd. NE, #1130 Atlanta, GA 30326 678-436-5555	offers end-to-end ocean and air transportation, documentation and information management	private	Chad Rosenberg	2007
3 OnePoint Technologies Inc. myonepoint.com	P.O. Box 1849, Woodstock, GA 30188 770-528-5999	utility management services company that bills multifamily housing residents for water, sewer and other fees	private	Troy McCrary	2003
3 Open Hand projectopenhand.org	181 Armour Dr. NE, Atlanta, GA 30324 404-872-8089	nonprofit organization that specializes in nutrition education and community engagement as a connection between informed food choices and improved quality of life	nonprofit	Matthew Pieper	1988
5 City of Avondale Estates avondaleestates.org	21 N. Avondale Plz., Avondale Estates, GA 30002 404-294-5400	local city government	local government	Terry Giager Ken Turner	1924
6 Ironwood Insurance Services LLC ironwoodins.com	3715 Northside Pkwy. NW, #1-500 Atlanta, GA 30327 404-503-9100	provides insurance services to commercial, institutional and individual clients	private	William Underwood III	2007
7 BIAS Corp. biascorp.com	1100 Abernathy Rd., #950 Atlanta, GA 30328 770-352-0151	an Oracle Specialized Platinum Partner and certified Oracle reseller providing IT expertise, consulting, software, hardware and IT staffing	private	Jeff Harvey	2000
8 Falcone Global Solutions LLC falconeglobal.com	3348 Peachtree Road, Tower 200, #700 Atlanta, GA 30326 404-381-8739	international transport and logistics company providing air, ocean, and ground freight services, warehouse services and customs clearances	private	Suki Falcone John Falcone	2010
9 CORE Benefit Solutions LLC corebenefitsga.com	1447 Peachtree St. NE, #360 Atlanta, GA 30309 404-815-1566	insurance brokerage and consulting firm providing employee benefits, insurance consulting, human resource and services to employers and individuals	private	Lisa Owen	2007
10 Reproductive Biology Associates rba-online.com	1100 Johnson Ferry Rd. NE, #200, Bldg. 2 Sandy Springs, GA 30342 404-257-1900	medical fertility practice providing reproductive technology including in vitro fertilization, male and female infertility and more	private	Dr. Andrew Toledo Dr. Daniel Shapiro Ron Davidson	1983

¹ Atlanta's Healthiest Employers are the companies that scored highest in a survey conducted by Healthiest Employers LLC between Nov. 2014 and Jan. 2015. The companies on this list have 2 to 99 employees.

SOURCES: Atlanta Business Chronicle research and Healthiest Employers LLC (www.healthiestemployers.com)