

THE List

HEALTHIEST COMPANIES

Ranked alphabetically within each category

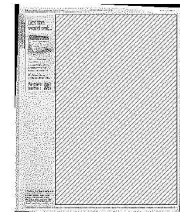
Name Address Telephone (Area code 904), Website	Category	Top executive	Successful wellness initiative
Acosta Sales and Marketing Co. 6600 Corporate Center Parkway, Jacksonville, 32216 296-6056, acosta.com	Gold	Robert E. Hill Jr. President, CEO	LiveWell program provided health coaching for associates with known health risks
Availity LLC 10752 Deerwood Park Blvd S., Suite 110, Jacksonville, 32256 470-4553, availity.com	Gold	Russ Thomas CEO	Created a new CafeWell Wellness Social Networking that provides educational programs & challenges
Baptist Health 800 Prudential Drive, Jacksonville, 32207 202-2000, e-baptisthealth.com	Gold	A. Hugh Greene President, CEO	The Baptist "Healthy For Life" changed their program structure from a cash incentive to an annual health insurance premium discount
Brooks Rehabilitation 3599 University Blvd., S., Jacksonville, 32216 345-7600, brooksrehab.org	Gold	Douglas Baer President, CEO	Implemented a walking program with 25 teams of employees who completed the Annual Heart Walk
Citigroup Inc. 14000 Citi Cards Way, Jacksonville, 32258 954-7500, citigroup.net	Gold	Kristi Bageant-Epperson Site president	Honor your health during Black History Month – wellness program focused on prevention with blood pressure & diabetes screenings
City of Jacksonville 117 W. Duval St., Jacksonville, 32202 630-2489, cj.net	Gold	Alvin Brown Mayor	Provided a health intervention program to improve the health & conditioning of city employees by promoting fitness through exercise, education & lifestyle changes
Community First Credit Union of Florida 637 N. Lee St., Jacksonville, 32204 354-8537, communityfirstfl.org	Gold	John D. Hirabayashi President, CEO	The Virgin HealthMiles walking program tracks employee steps, physical activities & biometrics to earn cash incentives
CSX Transportation Inc. 550 Water St., Jacksonville, 32202 359-3200, csx.com	Gold	Michael Ward President, chairman, CEO	Nutrition education, heat-related illness prevention – Drink This, Not That
CTI Resource Management Services Inc. 4800 Spring Park Road, Suite 200, Jacksonville, 32207 722-6500, ctirms.com	Gold	Christopher Imbach President CEO	Company wellness program focuses heavily on education programs including National Kick Butts Day, heart and juvenile diabetes walks, softball leagues, Heart Healthy Cookbook, well-man/well-woman program
EverBank 8100 Nations Way, Jacksonville, 32256 281-6000, everbank.com	Gold	Robert Clements Chairman, CEO	Comprehensive wellness program of educational seminars, challenges, screenings & unique programs included a hula hoop contest & jump rope challenge
Florida Blue 4800 Deerwood Campus Parkway, Building 300, Jacksonville, 32246 905-3408, floridablue.com	Gold	Patrick Geraghty Chairman, CEO	Opened a Jacksonville wellness complex to support intramural sports
Florida Health Care Plans 1340 Ridgewood Ave, Holly Hill, 32117 (386) 676-7110, fhcp.com	Gold	Dr Wendy Myers CEO, president	Program that fosters healthier, happier employees, with higher employee satisfaction to reduce risk factors within the overall employee population linked to wellness insurance premiums
Fowler White Boggs PA 50 N. Laura St., Suite 2800, Jacksonville, 32202 598-3100, fowlerwhite.com	Gold	John Marino Managing shareholder	Launched a "Balanced Benefits" program, which is a results-based incentive program. Employees & their spouses can earn discounts for health insurance premiums by participating in annual wellness programs
The Haskell Co. 111 Riverside Ave., Jacksonville, 32202 791-4500, haskell.com	Gold	Steve Halverson President, CEO	Biggest Loser weight loss competition
JEA 21 W. Church St., Jacksonville, 32202 665-6000, jea.com	Gold	Jim Dickenson Managing director, CEO	Implementation of the JEA health score card – helps employees understand their risk status & encourages community efforts towards overall company health goals
Johnson & Johnson Vision Care Inc. (Vistakon) 7500 Centurion Blvd., Jacksonville, 32256 443-1000, jnvisioncare.com	Gold	Ashley McElvoy Vision care company group chairman	Launched the Energy for Life program that focuses on the benefits of movement in relation to energy & health. Participants are taught how regular exercise & expands one's capacity for energy
Naval Hospital Jacksonville 2080 Child St., Jacksonville, 32214 542-7300, cnic.navy.mil/jacksonville	Gold	Capt. Lynn Welling Commanding officer	The weigh-in program "Be Lean" saw a dramatic decrease in weight loss, resulting in 96.9 percent of personnel compliant with Naval standards
Peak 10 Inc. 4905 Belfort Road, Suite 145, Jacksonville, 32256 279-1777, peak10.com	Gold	Dave Jones President	Optimizes wellness through a health challenge site that creates teams of differing fitness levels against each other to compete for the most number of fitness minutes logged & gym memberships
PGA Tour Inc. 100 PGA Tour Blvd., Ponte Vedra Beach, 32082 285-3700, pgatour.com	Gold	Tim Finchem Commissioner	Companywide mini health fairs, biometric screenings & flu shots
Prosperity Bank 100 Southpark Blvd., St. Augustine, 32086 824-9111, prosperitybank.com	Gold	Eddie Creamer President, CEO	Wellness program focuses on employees' health for lifetime: eat smart, move more, stress less
PSS World Medical Inc. 4345 Southpoint Blvd., Suite 250, Jacksonville, 32216 332-3000, pssd.com	Gold	Gary Corless President, CEO	Host on-site mini health days that include wellness screenings, flu shots & healthy breakfasts for employees & spouses
Shands Jacksonville 655 W. Eighth St., Jacksonville, 32209 244-0411, jax.shands.org	Gold	Jim Burkhart President, CEO	Comprehensive health-risk assessment & biometrics campaign with multiple incentives & new website
St. Vincent's HealthCare 1 Shircliff Way, Jacksonville, 32204 308-7300, jaxhealth.com	Gold	Moody L. Chisholm Jr. President, CEO	Healthy wage, match up challenge, third-party weight loss program, cash prizes & personal training session with CEO Moody Chisholm

Source: First Coast Worksite Wellness Council, company websites
 Information current as of May 2012

Note – Ranking was compiled by First Coast
 Worksite Wellness Council

It is not the intent of this list to endorse participants or imply that a listing indicates quality. Every attempt is made to ensure the accuracy and thoroughness of this list.
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This list first appeared in The Business Journal on May 11, 2012.



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U.S. Preventive Medicine Inc. 12740 Gran Bay Parkway W., No. 2400, Jacksonville, 32258 (866) 713-1167, uspreventivemedicine.com	Gold	Christopher Fey Chairman, CEO	The Monumental Walking Challenge was an eight-week walking initiative that helped increase social interaction around physical activity while creating a company culture of wellness
University of North Florida 1 UNF Drive, Jacksonville, 32224 620-1000, unf.edu	Gold	John Delaney President	Tobacco Attitude survey – implemented to assess the outlook of going tobacco-free campuswide
YMCA of Florida's First Coast 12735 Gran Bay Parkway W., Suite 250, Jacksonville, 32258 296-3220, firstcoastymca.org	Gold	Eric Mann President, CEO	City host of the First Coast Games Corporate Cup Challenge, internal employee program Passport to Health focusing on all aspects of prevention screenings
The Blood Alliance 7595 Centurion Parkway, Jacksonville, 32256 353-8263, igiveblood.com	Silver	Dale Malloy President, CEO	Implemented a wellness incentive plan
Burkhardt Sales & Service 3935 Inman Road, St. Augustine, 32084 829-3008, WND	Silver	T. Brookes Burkhardt Owner	Biggest Loser weight loss challenge
Citizens Property Insurance Corp. 8301 Cypress Plaza Drive, Suite 500, Jacksonville, 32256 208-7463, citizensfla.com	Silver	Tom Grady President	Implemented an online health tracker
Crowley Maritime Corp. 9487 Regency Square Blvd., Jacksonville, 32225 727-2200, crowley.com	Silver	Thomas B. Crowley CEO, President	As metric intensive company Live Well program features The Rhythm of Safety, intramural sports, Healthy Backs & a new mother's room
Flagler College 74 King St., St. Augustine, 32084 829-6481, flagler.edu	Silver	William T. Abare Jr. President	Developed a punch-card program for employee wellness activities
Florida State College at Jacksonville 501 W. State St., Jacksonville, 32202 646-2300, fsjc.edu	Silver	Dr. Judy Bilsky Acting college president	Hosted a wellness fair called "Recharge Your Health With Technology"
Gunster 225 Water St., Suite 1750, Jacksonville, 32202 354-1980, gunster.com	Silver	H. William Perry Managing shareholder	Program uses accelerometers – a smart pedometer that can distinguish among walking, running, stair-climbing & so on & provide participants' accounts with appropriate activity credit & measure each participant's activity throughout the year
MSC Group Inc. 841 Prudential Drive, Suite 900, Jacksonville, 32207 (800) 848-1989, yourmsc.com	Silver	Joseph Delaney President, CEO	Successful alignment from their program "Live It For Life" employees needs & interest survey to providing programs with significant impact such as Zumba fitness & health fairs
Regency Centers Corp. 1 Independent Drive, Suite 114, Jacksonville, 32202 598-7000, regencycenters.com	Silver	Martin E. Stein Jr. Chairman, CEO	Health snapshot – health screenings, healthy employees & productive workforce produces a competitive company advantage
Reynolds, Smith and Hills Inc. 10748 Deerwood Park Blvd. S., Jacksonville, 32256 256-2500, rsandh.com	Silver	Leerie T. Jenkins Jr. Chairman, CEO	Wellness program is a resource for employees to achieve healthier lifestyles through screenings, health risk assessments & national walk at lunch programs
School Board of Nassau County 1201 Atlantic Ave., Fernandina Beach, 32034 491-9900, nassau.k12.fl.us	Silver	Dr. John Ruis Superintendent of schools	Nutrition education courses – Am I Hungry? workshop series & healthy cooking classes
The Suddath Cos. 815 S. Main St., Jacksonville, 32207 390-7100, suddath.com	Silver	Barry Vaughn CEO	Wellness Ambassadors helped to support two programs of significant impact: Weight Watchers at Work & the Biggest Loser challenge
Community Hospice of Northeast Florida 4266 Sunbeam Road, Jacksonville, 32257 596-6216, communityhospice.com	Bronze	Susan Ponder-Stansel President, CEO	Wellness campaign features Know Your Numbers using the American Heart Association's Start! Walking program to encourage employees to move away from their desks
Corporate Care Works 8665 Baypine Road, Suite 100, Jacksonville, 32256 296-9436, corporatecareworks.com	Bronze	Cynthia Persico President, CEO	Implemented team building exercises & ropes courses
The CSI Cos. 9995 Gate Parkway, Suite 100, Jacksonville, 32246 338-9515, thecsicompanies.com	Bronze	Chris Flakus President	Program emphasis on physical fitness & healthy eating while at work & encouragement to participate in community events
Duval County Public Schools 1701 Prudential Drive, Jacksonville, 32207 390-2000, duvalschools.org	Bronze	Ed Pratt-Dannals Superintendent of schools	Provided a diabetes management program in which employees had the opportunity to attend an eight-hour educational course
Family Care Partners of Northeast Florida LLC 6520 Fort Caroline Road, Jacksonville, 32277 744-7300, familycarepartners.com	Bronze	Dr. William Carriere President	Program initiatives focused in the physical dimension of wellness, including gym memberships, Biggest Loser challenges, walking & stretching programs
Health Designs Inc. 35 Executive Way, Suite 110, Ponte Vedra Beach, 32082 285-2019, healthdesigns.net	Bronze	Ann Sabbag President	Employee wellness program features adventurous walking routes & healthy recipes
Rogers Towers PA 1301 Riverplace Blvd., Suite 1500, Jacksonville, 32207 398-3911, rtlaw.com	Bronze	Fred Franklin Managing director	Annual health fair engages employees to think about their own health through prevention screenings & participate in community events such as Gate River Run, MS150 & other firm-sponsored walks, runs & rides
St. John's Welfare Federation dba BayView Healthcare 161 Marine St., St. Augustine, 32084 829-3475, bayviewhealthcare.org	Bronze	Larry Lake Executive director, CEO	Comprehensive employee wellness program focused on providing engaging initiatives to employees to include 10-week Health & Wellness101 lecture series & an eight-week physician lectures series
Source: First Coast Worksite Wellness Council, company websites Information current as of May 2012	Note – Ranking was compiled by First Coast Worksite Wellness Council		It is not the intent of this list to endorse participants or imply that a listing indicates quality. Every attempt is made to ensure the accuracy and thoroughness of this list. BOOK OF LISTS ON DISK (800) 486-3289 or www.bizjournals.com/commerce/ HEALTHIEST COMPANIES LIST CONTINUED FROM PAGE 14

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