Scantic Valley Regional Health Trust Named a 2017 WWCMA WorkWell Massachusetts Bronze Level Winner for Exemplary Worksite Health Promotion

Award recognizes successful corporate health improvement and wellness programs

Wilbraham – Scantic Valley Regional Health Trust (SVRHT), a consortium of six political entities in Western MA, is proud to have been named a WorkWell Massachusetts Award Program Bronze Level winner for exemplary worksite health promotion. The award recognizes Scantic Valley Regional Health Trust's achievements developing, implementing, and participating in health improvement and wellness programs.

The Health Trust is one out of three Bronze Level award recipients for 2017.

SVRHT offers health insurance and comprehensive wellness programming to municipal employees in East Longmeadow, Longmeadow, Hampden, Wilbraham, Hampden-Wilbraham Regional School District and Lower Pioneer Valley Education Collaborative. The SVRHT Wellness Program focuses on prevention through nutrition, exercise, tobacco cessation, preventive screenings and stress management. The Wellness Program offers a variety of options to employees and retirees, from activity challenges and on-site classes to an outcomes-based incentive program.

"We are proud to recognize these innovative Massachusetts employers for their outstanding wellness programs", states Kristie Howard, WWCMA Board of Directors Chairperson. "The WorkWell Massachusetts Award is an important program put forth to honor the work being done by employers in our state to improve the health and vitality of our communities."

"We are honored and thrilled to receive the bronze award from Worksite Wellness Council of Massachusetts," states Lyn Fioravanti, MPA, RD, LDN, Regional Wellness Coordinator for SVRHT Wellness Program. "Being recognized for our efforts to engage employees in health-promoting activities across multiple municipalities is very special."

WorkWell Massachusetts is a corporate award program created by the Worksite Wellness Council of Massachusetts (WWCMA) - a not-for-profit member organization dedicated to the advancement of worksite wellness programs. The award program's criteria are based on the HERO Employee Health Management Best Practices Scorecard, in collaboration with Mercer, a tool designed to help organizations learn about best practices, discover opportunities to improve their programs, and measure progress over time. Applicants are required to provide details on their strategic planning and

organizational support, program design and implementation, participant engagement, and measurements and evaluation, and applications were reviewed and designated by a WWCMA appointed committee of industry professionals. Information on WWCMA and the award program can be found at wwcma.org.

About WorkWell Massachusetts

The Worksite Wellness Council of Massachusetts (WWCMA) is the preeminent, independent, and objective resource for health promotion in the workplace. A 501c3 not-for-profit member organization, WWCMA champions wellness programs that help employers encourage healthy employees, healthy families, and healthy communities across the Commonwealth.

About Scantic Valley Regional Health Trust

The Scantic Valley Regional Health Trust was formed in the early 1990's in an attempt to regionalize heath care coverage and reduce costs. The Trust is able to offer a variety of health plans to our valued employees. Most of the plans are "self-funded" by the trust; the premium employees pay increases and decreases annually depending on the trust's experience and the use of the system. The SVRHT Board feels that this regional and self-funded approach to health care, coupled with our comprehensive wellness program, will help to improve our general health and contain costs. The main goal of the Wellness Program is to promote well-being through a healthy lifestyle and to reduce employee health risk. Participation in wellness programming allows for a healthier, happier, more productive workplace, which our dedicated employees deserve.