

WPS presented with Fit-Friendly Worksite gold award

American Heart Association recognizes employers that encourage physical activity, provide healthy eating options, and promote a culture of wellness

MADISON, Wis.—March 15, 2016—WPS Health Solutions has achieved gold-level status as an American Heart Association Fit-Friendly Worksite.

The Fit-Friendly Worksite designation recognizes employers for encouraging employee physical activity, providing healthy eating options at work, and promoting a culture of wellness. To qualify for gold-level recognition, a worksite must achieve certain criteria in each of those three categories, and all initiatives must be in place for at least one year.

In addition, a Fit-Friendly Worksite employer must adhere to a comprehensive tobacco-free policy that includes access to tobacco cessation resources and treatment options.

“As a health insurer, it’s important for WPS to encourage a healthy lifestyle for our employees,” said Scott Kowalski, Executive Vice President of WPS Health Insurance. “It’s an honor to have the American Heart Association recognize WPS for our health and wellness initiatives. We will continue to encourage employees to manage their health risks and improve their cardiovascular health.”

Fitness-related initiatives at WPS in the past year include:

- Fitness campaigns for employees throughout the year.
- Fitness tips on the corporate intranet and a wellness portal that provides information on walking/exercise programs.
- Walking routes on the campus.
- Subsidized on-site group fitness classes and personal training before, during and after the work day.
- Wellness reimbursement program for eligible employees, up to \$100 per year. Reimbursable items include gym memberships, fitness trackers, personal training, and Community Supported Agriculture healthy food programs.
- Nutrition facts information in the cafeterias and on the intranet to help employees make informed decisions.
- The main campus cafeterias provide employees with a salad bar subsidy. Other subsidized items include prepared salads and veggie cups in the vending areas. The subsidy encourages employees to consume healthier foods.
- On-site wellness screening available at no cost to employees, along with an online health risk assessment.
- WPS team for the American Heart Association Heart Walk, along with educational campaigns to raise awareness of the risk of heart disease and stroke.
- First-responder program that provides training in first aid, cardiopulmonary resuscitation, and automated external defibrillator (AED) units.



PHOTO CAPTION:

Scott Kowalski, Executive Vice President of WPS Health Insurance, accepts the American Heart Association Fit-Friendly Worksite Gold Award from Charmaine Martin, Corporate Events Director in Madison. Also representing WPS at the award presentation were Michelle Downer (left), Manager, Community Engagement, and Bonnie Walke, Benefits and Wellness Coordinator.

About WPS Health Solutions

WPS Health Solutions is a nationally regarded government contractor and Wisconsin's leading not-for-profit health insurer. The WPS Health Insurance division offers affordable individual health insurance, family health insurance, high-deductible health insurance, and short-term health plans, as well as flexible and affordable group plans and cost-effective benefit plan administration for businesses. The WPS Government Health Administrators division administers Part A and B Medicare benefits for millions of seniors in multiple states, and the WPS Military and Veterans Health division serves millions more members who are active in the U.S. military, veterans and their families. In 2016, the international Ethisphere® Institute named WPS one of the World's Most Ethical Companies® for the seventh straight year. For more information about WPS, visit www.wpsic.com.