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NEWS RELEASE

Community Hospital Receives Gold Well Workplace Award

WELCOA recognizes Community Hospital as One of the Nation's Healthiest Places to Work!

Mesa County, Colo.--- Community Hospital is currently the only business in Mesa County to receive the Gold Well Workplace Award from the Workplace Council of America (WELCOA).

WELCOA, one of the nation's premier resources for building high-performing workplace wellness initiatives, evaluates the success of businesses' worksite wellness programs across the United States. In order to earn the Gold Well Workplace designation, Community Hospital had to meet a rigorous set of criteria, including an operating plan to define specific goals, creating cohesive wellness teams with supportive environments, tracking data and evaluating the outcomes. These benchmarks are pivotal in employees achieving overall health of their physical and mental state.

Employee wellness is an integral part of the organizational culture at Community Hospital. Every employee is familiarized with the concept of wellness at New Employee Orientation.

"We want an environment where we provide not only the best patient care, but the best employee care as well," says Tawny Espinoza, Vice President of Business Development.

The Community Hospital Wellness Committee is fundamental in ensuring the program's success. The wellness program at Community Hospital is composed of a variety of challenges and interventions that address areas of improvement established during annual employee health screenings. Interventions range from financial fitness, stress management, increasing physical activity or drinking more water. Employees and spouses are eligible for reduced health insurance premiums, as well as a year-end wellness incentive up to \$400 for fully participating in the program.

Employee wellness enhances recruitment and retention efforts and supports a company's overall mission.

"We are extremely proud of this award. Our employees are our greatest asset, and we pride ourselves on offering them the best resources for wellness," says Chris Thomas, President and CEO of Community Hospital.

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