



## **NEWS RELEASE**

Contact: Lisa Hamilton, ABC  
Vice President/Corporate Communications  
515-345-7589  
[lisa.l.hamilton@emcins.com](mailto:lisa.l.hamilton@emcins.com)

### **EMC Insurance Companies Named Fit-Friendly Worksite**

DES MOINES, Iowa (June 15, 2016) – EMC Insurance Companies was recognized as a 2016 Platinum-Level recipient of the American Heart Association’s Fit-Friendly Worksites program for the second consecutive year. Only employers that offer a comprehensive wellness program and demonstrate measurable improvements in health outcomes qualify. EMC was recognized for reducing short-term disability costs 13.5 percent from 2014 to 2015. Platinum-Level recipients also provide employees with healthy food options and promote a culture of wellness in the workplace.

The Fit-Friendly Worksites program is helping to make employees’ health and well-being a priority. American employers lose an estimated \$225.8 billion annually because of healthcare expenses and health-related losses in productivity. Those numbers continue to rise. Many Americans work in sedentary jobs that lack regular physical activity and increases their risk of medical problems such as obesity, high blood pressure and diabetes. The American Heart Association is working to change corporate cultures by encouraging walking, a popular type of physical activity.

#### **About EMC Insurance Companies**

EMC Insurance Companies is among the top 50 insurance organizations in the country based on net written premium, with more than 2,100 employees. The company was organized in 1911 to write workers’ compensation protection in Iowa. Today, EMC provides property and casualty insurance products and services throughout the United States and writes reinsurance contracts worldwide. Operating under the trade name EMC Insurance Companies, Employers Mutual Casualty Company and one or more of its affiliated companies is licensed in all 50 states and the District of Columbia. For more information, visit [www.emcins.com](http://www.emcins.com) and [www.CountonEMC.com](http://www.CountonEMC.com).

#### **About American Heart Association**

The American Heart Association is devoted to building healthier lives free of cardiovascular diseases and stroke. They provide public health education to improve the lives of all Americans. They team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat diseases. The Dallas-based Association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or to volunteer, call 800-AHA-USA1 or visit [www.heart.org](http://www.heart.org).

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