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Large Companies: 500+ Employees

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Children's Healthcare of Atlanta

At Children's Healthcare of Atlanta, it is important for the employees to serve as healthy role models for the patients and families they serve. The No. 2 company in the large company category in Atlanta Business Chronicle's 2012 Healthiest Employers Awards, Children's promotes healthy living through its Strong4Life wellness program. The program — focused around the themes of support, activity, nutrition and fun — helps employees make positive lifestyle choices with the guidance of on-site complimentary trainers, registered dietitians and fitness classes. Wellness challenges and contests as well as discounts on races also keep employees engaged, while Weight Watchers at Work and healthy food options at on-site cafés and vending machines ensure employees are eating well while on the job.

Children's assists employees in determining personalized health needs through biometric testing and health risk appraisals. In turn, customized programs focused on prevention, maintenance and health and wellness improvement help employees in addressing these needs.

Nearly 85 percent of Children's employees participate in the wellness program's biometric screening and health risk assessments. Since the launch, 66 employees have lost more than 50 pounds.