TAKE CHARGE AMERICA HONORED AS ONE OF THE VALLEY’S HEALTHIEST EMPLOYERS

Recent initiatives to improve employee health and wellness helped the non-profit organization earn recognition from the Phoenix Business Journal

PHOENIX – (Feb. 1, 2012) – Take Charge America, Inc. is proud to announce the Phoenix Business Journal has named the non-profit organization as one of “The Valley’s Healthiest Employers” of 2012 (Medium company: 251 to 1,499 employees).

Take Charge America earned the honor following the implementation of a wellness program in 2011 called “Healthy Habits.” The program is designed to promote healthy lifestyles and help employees reduce blood pressure, cholesterol, BMI/waist circumference and stress. Specific initiatives include:

- Changed the menu in the employee café to include healthier options
- Offered a $20-per-month discount on employees’ healthcare premiums for those who complete a health risk assessment conducted by a medical provider, and complete an eight-week health module.
- Initiated Weldon Walks walking program encouraging employees to each 10,000 steps daily
- Offered free smoking cessation workshops
- Presented “Lunch and Learns” for employees to learn more about healthy options
- Distributed monthly wellness emails focusing on health and wellness
- Hosted “Healthy Habits” vendor fairs

Take Charge America will be recognized for these efforts at an event hosted by the Phoenix Business Journal on March 15.

About Take Charge America, Inc.

Take Charge America, Inc., a non-profit financial education, credit counseling, housing counseling and debt management agency, is dedicated to helping consumers nationwide improve their financial futures. Founded in 1987, the organization has helped more than 1.6 million consumers nationwide manage their personal finances and debts. To learn more, visit www.takechargeamerica.org or call (888) 822-9193.

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