



## FOR IMMEDIATE RELEASE

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### **Redstone Highlands Recognized for Employee Wellness Efforts** *Real Results Demonstrate Commitment to a Healthy Workplace*

GREENSBURG, Pa. (June 25, 2013) – Redstone Presbyterian SeniorCare, a Christian non-profit provider of senior living communities throughout Southwestern Pa., received the *Pittsburgh Business Times* Healthiest Employer Award in the 100 to 499 employee category, and was acknowledged as a Gold Fit Friendly Employer by the American Heart Association. This is the third consecutive year Redstone has received both recognitions.

Redstone was one of X companies to receive the *Business Times* award in its category. Winning companies were selected based on scores determined by a survey of the company's wellness programs. The survey questioned participants on the scope, staff involvement, results and upper-level management support for their health and wellness efforts at their company.

The American Heart Association acknowledges employers as Fit-Friendly worksites for creating a culture of wellness in the workplace. Redstone received Gold Level recognition by fulfilling criteria such as offering employees physical activity support, wellness education for healthier life style and promotion of preventive care.

"We recognize that there is no silver bullet when it comes to a wellness program," Jim Hodge, vice president of human resources said. "We are always looking for new, cutting edge programs to keep employees engaged, and we are seeing the results. Our health insurance renewals are significantly less today than they were nearly 10 years ago and the key has been dedication and consistency."

With three locations throughout Western Pennsylvania, Redstone Highlands has more than 400 employees. Redstone's wellness program extends to all employees, including spouses, dependents and those not covered by its health insurance coverage. The comprehensive wellness culture includes preventative opportunities, programs and personalized wellness coach advisement.

The program also features a Health Tracks Rewards program as an incentive, and rewards are earned through completion of wellness exercises.

### **About Redstone Highlands Senior Living Communities**

Redstone Highlands is a Christian, non-profit continuing care retirement community (CCRC) with campuses in Greensburg, Murrysville, and North Huntingdon, including Colonial Villa estates at its North Huntingdon community. Redstone Highlands is dedicated to providing living alternatives and high-quality services that help to meet the changing needs of the community. Serving more than 600 residents annually, Redstone Highlands is the region's largest Continuing Care Retirement Community, offering services ranging from independent living to skilled nursing assistance. For more information, please visit [www.redstonehighlands.org](http://www.redstonehighlands.org).

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