

**FOR IMMEDIATE RELEASE**



**AccentHealth Recognized as an  
American Heart Association Platinum Fit-Friendly Worksite**

*Optimizing staff wellness and lowering healthcare costs enhance progressive culture*

NEW YORK CITY, July 21, 2015 – AccentHealth, the leading patient-education media company at the point-of-care, has been recognized as a Platinum-Level Fit-Friendly Worksite by the American Heart Association (AHA) for championing employees' health.

"Physical activity and employee wellness are important priorities at AccentHealth," said company CEO Dan Stone. "We are honored and excited to be recognized by the American Heart Association for our commitment to provide the best workplace environment possible. We live by our values. These emanate from our workplace culture, which values and supports the vitality and health of everyone on our team."

AccentHealth's employee wellness programs parallel the company's mission to educate and empower people to live healthy lives.

AccentHealth joins a tier of Platinum-level employers nationwide with workplaces that provide physical activity and healthful eating options, and promote wellness. These employers also implement at least nine criteria outlined by AHA in the areas of physical activity, nutrition and culture, and demonstrate measurable outcomes related to workplace wellness.

The AHA Fit-Friendly Worksites program is a catalyst for positive change in the American workforce by helping worksites make their employees' health and well-being a priority.

American employers lose an estimated \$225.8 billion a year due to healthcare expenses and health-related losses in productivity, and those numbers are rising. Many American adults spend most of their waking hours at sedentary jobs. Their lack of regular physical activity raises their risk for a host of medical problems, such as obesity, high blood pressure and diabetes. Employers face \$12.7 billion in annual medical expenses due to obesity alone. AHA is working to change corporate cultures by motivating employees to start walking, which has the lowest dropout rate of any physical activity.

With its official recognition as a Fit-Friendly Worksites employer, AccentHealth is listed on the AHA program's national website.

For more information about the Fit-Friendly Worksites program and how it helps to improve the health of Americans by focusing on the workplace, visit [heart.org/worksitewellness](http://heart.org/worksitewellness).

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### **About AccentHealth®, LLC**

AccentHealth is the leading patient education media company at the point-of-care, located in 30,000 physician offices and serving 70,000 medical professionals nationwide. AccentHealth's patient education engages health-conscious consumers in a trusted environment, featuring its award-winning waiting room television network watched by over 200 million annual viewers. AccentHealth's content is produced by CNN's Medical Unit, hosted by Dr. Sanjay Gupta, and by Harvard Medical School. Founded in 1995, AccentHealth is based in New York City and Tampa, FL and is owned by M/C Partners, Ridgemont Equity Partners and senior management. AccentHealth is a founding member of the Point-of-Care Communication Council (PoC<sup>3</sup>).

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

The American Heart Association is devoted to building healthier lives, free of cardiovascular diseases and stroke. To improve the lives of all Americans, AHA provides public health education in a variety of ways. AHA teams with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more, call 1-800-AHA-USA1 or any of its offices around the country, or visit [heart.org](http://heart.org).

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