

News Release

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WELCOM recognizes 15 companies for excellence in workplace wellness

(OMAHA, Neb., April 2, 2014)— The Wellness Council of the Midlands (WELCOM) today honored 15 of the midlands' healthiest companies for excellence in wellness promotion at the workplace during a luncheon at the CenturyLink Center in Omaha. The event featured a keynote address from Dr. Shane Lopez, a senior scientist for Gallup and research director for the Clifton Strengths Institute.

Dr. Lopez is considered one of the world's leading researchers on hope. His mission is to teach people that investing in their future pays off today. His keynote was entitled, "Health, Happiness and Hope."

The businesses received the Well Workplace Award for demonstrating outstanding efforts in addressing employee health at the workplace. Companies are able to achieve a Well Workplace Award at five levels: Platinum, Gold, Silver, Bronze, and Small Business.

"It's exciting to recognize forward-thinking organizations of all sizes on their achievements in creating a supportive environment and overall culture of health and well-being at the worksite," said Rebecca Vinton Dorn, executive director of WELCOM.

Dr. David Hunnicutt, CEO of the Wellness Council of America (WELCOA), received the "Spirit of Wellness Award," which honors a community leader and innovator for their passion and advocacy concerning the WELCOM mission.

The 2014 Well Workplace Award winners included:

Platinum:

Gallup

Physicians Mutual

Gold:

Baird Holm LLP
Central States Health and Life Co. of Omaha
ConAgra Foods
Immanuel
Lincoln Financial Group
National Rural Electric Cooperative Association (NRECA)
Papio-Missouri River Natural Resources District
Union Bank & Trust Company
University of Nebraska at Omaha
Warren Distribution, Inc. & Affiliates

Silver:

Nebraska Orthopaedic Hospital

Small Business:

Greater Omaha Chamber of Commerce
Region 6 Behavioral Healthcare

In addition to honoring this year's Well Workplace Award recipients, WELCOM collaborated with Nebraska Methodist College to offer the **Pathways to Wellbeing Symposium**, a full-day wellness conference in conjunction with the awards luncheon.

The **Pathways to Wellbeing Symposium** covered two tracks: a healthcare/community wellness track, and a workplace wellness track. Attendees had the opportunity to network and visit vendor exhibits showcasing resources to strengthen their workplace wellness efforts. Continuing education was provided for health care professionals.

For more information about the Wellness Council of the Midlands or how your organization can become the next "Well Workplace," please contact Vinton Dorn, at (402) 934-5795, rebecca@welcomomaha.org.

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The Wellness Council of the Midlands (WELCOM), which has 200 corporate members, is a 501 (c)3 non-profit organization and the first wellness council established in the United States. WELCOM educates companies on well workplace standards and recognizes them for achievement of excellence in health promotion at the worksite. Through trainings, workshops and roundtable discussions, WELCOM consults with companies to develop and improve their worksite wellness programs.