



## **National Business Group on Health Honors Aramark with Best Employers for Healthy Lifestyles® Award**

June 25, 2014

### **Aramark Among 63 Employers Recognized for Promoting Healthy Work Environment and Lifestyles**

WASHINGTON, June 25, 2014 /PRNewswire/ -- The National Business Group on Health, a non-profit association of large U.S. employers, today honored Aramark for its ongoing commitment and dedication to promoting a healthy work environment and encouraging their workers and families to maintain healthy lifestyles.

Aramark was among 63 U.S. employers that received the 2014 *Best Employers for Healthy Lifestyles®* award at the Leadership Summit sponsored by the National Business Group on Health's Institute on Innovation in Workforce Well-being. Aramark received a PLATINUM Award for its Take Care Benefits program. This marks the sixth year Aramark has received an award and the second consecutive year Aramark has received the highest Platinum honor.

"Aramark's commitment to the health and wellness of our employees is an underlying goal of our corporate mission to enrich and nourish lives," said Valerie Wandler, Senior Vice President, Human Resources Services, Aramark. "Our innovative *Take Care* health and wellness programs help educate, enable and encourage our employees to better manage their health. Investing in employee health and wellness promotes a healthy, positive and productive workforce that, in turn, better serves our clients and consumers."

Aramark's *Take Care* program is designed to promote a culture of wellness among employees and their families, and to provide them with the plans, resources and tools to help with their health, family, finances and future. The wellness programs available through *Take Care* span all aspects of an employee's health, including physical and emotional well-being. The program offers a full range of confidential, free resources and services, from preventive care to free health screenings. It includes one-on-one personal nurse support for those with chronic health conditions, weight management, 24/7 Nurseline, health assessments, and a smoking cessation program. It also provides a variety of employee assistance and counseling programs on everything from balancing work and personal life to mental health and substance abuse issues to prenatal health.

Brian Marcotte, President and CEO of the National Business Group on Health, commented: "We are very pleased to honor Aramark for its dedication to providing programs that encourage wellness and healthy lifestyles for their employees and families. Aramark is among an elite group of organizations that are leading the way to promote healthy workplaces and lifestyles. Aramark and its management team should be proud of their efforts and we congratulate them on receiving this award."

Winners of the "*Best Employers for Healthy Lifestyles*" awards were honored in one of two categories: Platinum, for exemplary workplace well-being programs, cultures and results; or Gold, for creating cultural and environmental changes that support employees in their lifestyle and behavior changes.

#### **Aramark's Commitment to Health and Wellness**

One of Aramark's top priorities has long been the health and wellness of its employees, as well as the consumers it serves each day. Because Aramark touches millions of consumers around the world each day, the company is well positioned to have a positive impact on the dining and healthy lifestyle choices of a broad audience of consumers. Throughout its operations, Aramark uses its knowledge, culinary expertise, and consumer input to drive healthier environments, experiences and outcomes. Aramark offers healthy food and beverage options to address nutrition and dietary priorities; promotes awareness through health and wellness education and outreach programs; conducts consumer research to study food, nutrition and health trends; and partners with leading nonprofit and governmental organizations to make a greater impact on public health.

#### **About Aramark**

Aramark (NYSE: ARMK) is in the customer service business across food, facilities and uniforms, wherever people work, learn, recover and play. United by a passion to serve, our more than 270,000 employees deliver experiences that enrich and nourish the lives of millions of people in 22 countries around the world every day. Aramark is recognized among the Most Admired Companies by FORTUNE and the World's Most Ethical Companies by the Ethisphere Institute. Learn more at [www.aramark.com](http://www.aramark.com) or connect with us on [Facebook](#) and [Twitter](#).

#### **About the National Business Group on Health**

The National Business Group on Health is the nation's only non-profit, membership organization of large employers devoted exclusively to finding innovative and forward-thinking solutions to their most important health care and related benefits issues and to being the voice for large employers on national health care issues. The Business Group, whose 392 members include 69 of the *Fortune 100*, identifies, develops and shares best practices in health benefits, disability, health and productivity, related paid time off and work/life balance issues. Business Group members provide health coverage for more than 55 million U.S. workers, retirees and their families. For more information, visit [www.businessgrouphealth.org](http://www.businessgrouphealth.org).

Logo - <http://photos.prnewswire.com/prnh/20131212/PH327131.0>

Contact:

#### **National Business Group on Health**

Ed Emermen (609) 275-5162  
[eederman@eaglepr.com](mailto:eederman@eaglepr.com)

**Aramark**

Karen Cutler (215) 238-4063

[cutler-karen@aramark.com](mailto:cutler-karen@aramark.com)

SOURCE Aramark