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A health system is very good at telling its patients how to get better and stay healthy.

But at CharterCARE Health Partners we ask, "Why stop with our patients?" That's why we've worked hard to promote health, safety and wellness among our employees at each of our affiliate organizations: Roger Williams Medical Center, St. Joseph Health Services and Elmhurst Extended Care.



And it's why we are honored, once again, to be named one of Providence Business News' Healthiest Employers.

If you're a health professional who values a healthy workplace, we'd love to hear from you. Contact Human Resources at 401-456-3200 or visit Chartercare.org

CharterCARE  
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Charting the Way to a Healthier Rhode Island

ROGER WILLIAMS MEDICAL CENTER | ST. JOSEPH HEALTH SERVICES OF RHODE ISLAND

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Cintas brings the health clinic to the workplace



NUMBER OF EMPLOYEES: 30,000

CEO (OR EQUIVALENT):

Scott D. Farmer

A Healthy Thought:

"[Employees] are much more aware of where they are, where they need to be."

JILL LAMBERT

Human resources manager

#6

BY MIKE MUELLER

CONTRIBUTING WRITER

Taking time off from work to see the doctor is always an inconvenience, but what if your doctor came to you? Cintas aims to keep its employees healthy by providing a free, on-site clinic. The clinic is open eight hours a week to more than 140 workers at the Cumberland uniform rental plant, and is staffed with a nurse practitioner and chiropractor who are also certified wellness coaches.

Due to these kinds of efforts, the firm recently received the Occupational Safety and Health Administration's Voluntary Protection Program Star certification – only the fifth Rhode Island company to earn the safety distinction

"We're very proud of keeping our employee-partners safe and well," said Jill Lambert, human resources manager at Cintas. "We are ever-evolving our health and wellness program."

Cintas also offers daily stretching routines, along with nutrition and hydrating stations throughout the building, to help make the workplace healthier and safer. According to Cintas it's working: the company's incident rates are nearly 200 percent lower than industry standards.

"We have many folks who are living better lifestyles," said Lambert. "They are much more aware of where they are, where they need to be and are much more willing to take the next step."

In fact, some staff members have already taken that next step. One employee shed more than 100 pounds and encourages colleagues to join him in better health. ■

When it comes to wellness, knowledge gets results



Toray Plastics (America), Inc.

NUMBER OF EMPLOYEES: 32,000

CEO (OR EQUIVALENT):

Mike Brandmeier, president & CEO

A Healthy Thought:

"It's just not a byproduct of trying to reduce cost. It's really a thoughtful process."

LISA AHART

Senior director human resources

#7

BY MIKE MUELLER

CONTRIBUTING WRITER

Being educated about your health can make all the difference in the workplace. That's why Toray Plastics (America) Inc. established a "Know Your Numbers" campaign. The initiative offers free, on-site screenings to employees on vital signs ranging from heart rates to bone density.

The program has been an eye-opener to some and a potential lifesaver to others, especially for one worker, who had no idea that his

blood pressure far exceeded safe limits.

"Through the screening, they recognized that he needed to get checked out," said Lisa Ahart, senior director of human resources at Toray. "They got him to the doctor right away, and he was able to get his blood pressure under control."

In addition to the Know Your Numbers campaign, the company offers nutrition and weight-loss promotions. It also boasts an on-site gymnasium and fitness center which employees, their families and community members such as local firefighters and police officers can use.

The gym, which offers a wide variety of fitness classes, has 112 members and continues to grow. Almost half of the Toray workforce now engages in some type of wellness activity throughout the year. According to the company, job production has increased and employee attendance is holding steady.

"It's just not a byproduct of trying to reduce cost," said Ahart. "It's really a thoughtful process to impact our employees and their lives and their families in the community that we serve." ■