

FOR IMMEDIATE RELEASE

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# NEWS RELEASE

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## **SENTARA HEALTHCARE RECOGNIZED BY AMERICAN HEART ASSOCIATION FOR WORKPLACE HEALTH ACHIEVEMENT**



**NORFOLK, Va.**—The 2017 results of the American Heart Association [Workplace Health Achievement Index](#) have been announced and Sentara Healthcare achieved Gold level recognition for taking significant steps to build a culture of health in the workplace. This award recognizes the quality workplace employee health programs implemented by Sentara Healthcare, one of the largest employers in Virginia.

“Sentara Healthcare accepts this award on behalf of our members of the team who work hard to adopt healthy behaviors,” said Dr. Thomas Lundquist, Chief Medical Officer for Optima Health, a division of Sentara Healthcare. In his role of overseeing all Sentara employee wellness programs, Lundquist said, “Year after year, our Mission: Health employee wellness program helps our members of the team improve their weight, lower their blood pressure and cholesterol, and stop using tobacco products. It’s overwhelmingly gratifying to be recognized at this high level by the American Heart Association for the difference our programs and resources make in the lives of our more than 28,000 employees.”

The American Heart Association created the Index with its [CEO Roundtable members](#), a leadership collaborative of more than 30 CEOs from some of America’s largest companies who are committed to applying evidence-based approaches to improve their employees’ overall health. The Index uses science-based best practices to evaluate the overall quality and comprehensiveness of their workplace health programs. A unique feature of the Index is that it calculates an average heart health score for employees of participating companies that securely submit aggregate health data.

More than 800 companies completed the Index assessment this year and, of those companies, 67% received either Gold, Silver, or Bronze recognition. Companies receive benchmarking reports, which allow them to identify potential areas of improvement so that they can advance their annual performance and recognition.

The Association’s Workplace Health Achievement Index allows companies to measure the effectiveness of their workplace health programs, as well as the overall heart health of their employees. Unlike other existing organizational scorecards, the Index also scores companies on the heart health of their employees based on Life’s Simple 7<sup>®</sup> – the Association’s scientifically validated definition of ideal heart health. The American Heart Association’s Workplace Health Achievement Index assessment is grounded in data-driven science, and a quality improvement framework. According to the Nielsen 2016 Employee Health Survey, robust and comprehensive strategies for well-being are associated with positive impacts on employees’ health.

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## About Sentara Healthcare

[Sentara Healthcare](#) celebrates nearly 130 years in pursuit of its mission – we improve health every day. Sentara is an integrated, not-for-profit system of 12 hospitals in Virginia and Northeastern North Carolina, including a Level I trauma center, the nationally-ranked Sentara Heart Hospital, two orthopedic hospitals, accredited Sentara Cancer Network and the Sentara Neurosciences Institute. The Sentara family also includes four medical groups, Nightingale Regional Air Ambulance and ground medical transport, senior care, home care and hospice, nursing rehabilitation centers, ambulatory outpatient campuses, advanced imaging and diagnostic centers, a clinically integrated network, the Sentara [College of Health Sciences](#) and the [Optima Health Plan](#) serving 450,000 members in Virginia, North Carolina and Ohio. With nearly 28,000 employees, Sentara is strategically focused on clinical quality and safety, innovation and creating an extraordinary healthcare experience for our patients and members.

## About Optima Health

Optima Health, based in Virginia, provides health insurance coverage to approximately 444,000 members. With over 30 years of experience in the health insurance arena, Optima Health offers a suite of commercial products including consumer-directed, employee-owned and employer-sponsored plans, individual health plans, employee assistance programs and plans serving Medicare and Medicaid enrollees. Its provider network features 26,000 providers including specialists, primary care physicians and hospitals across Virginia. Optima Health also offers programs to support members with chronic illnesses, customized wellness programs and integrated clinical and behavioral health services, as well as pharmacy management – all to help members improve their health. The company's goals are to provide better health, be easy to use and offer services that are a great value. To learn more about Optima Health, visit [www.optimahealth.com](http://www.optimahealth.com).<sup>1</sup>

## About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke – the two leading causes of death in the world. We team 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 or to get involved, call 1-800-AHA-USA1, visit [heart.org](http://heart.org) or call any of our offices around the country. Follow us on [Facebook](#) and [Twitter](#).

## About the American Stroke Association

The American Stroke Association is devoted to saving people from stroke – the No. 2 cause of death in the world and a leading cause of serious disability. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat stroke. The Dallas-based association officially launched in 1998 as a division of the American Heart Association. To learn more or to get involved, call 1-888-4STROKE or visit [StrokeAssociation.org](http://StrokeAssociation.org). Follow us on [Facebook](#) and [Twitter](#).

The American Heart Association/American Stroke Association receives funding mostly from individuals. Foundations and corporations donate as well, and fund specific programs and events. Strict policies are enforced to prevent these relationships from influencing the Association's science content. Financial information for the American Heart Association, including a list of contributions from pharmaceutical companies and device manufacturers, is available at <http://www.heart.org/corporatefunding>.

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<sup>1</sup> The membership figure includes total membership in all group and individual insured products, Medicare Managed Care Plans, Medicaid and Famis Plans, and self-funded health plans issued or administered by Optima Health. Total Medical Membership based on the Membership Change Report, August 2017. Includes members from all Optima Health Licenses, products, Medicare and Medicaid products. Optima Health is the trade name of Optima Health Plan, Optima Health Insurance Company, and Sentara Health Plans, Inc. Optima PPO plans, and Medicare Managed Care Plans are underwritten or administered by Optima Health Insurance Company. Optima Vantage HMO plans, Medicaid, and Famis products are underwritten or administered by Optima Health Plan. Sentara Health Plans provides administrative services to self-funded plans but does not underwrite benefits. Employee Assistance Programs (EAP) are administered by Optima Behavioral Health Services, Inc. Wellness programs are administered by Sentara Health Plans. Source for provider network is Optima Health, Provider Status Report, August 2017. All Optima Health plans have benefit exclusions and limitations and conditions when coverage remains effective and in force. Members will receive covered services under the terms of their issued coverage documents.