

Workplace wellness: Council awards local firms

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Able Engineering, Buffalo Exchange and Suntec Concrete were recently honored at the Wellness Council of Arizona awards for promoting health in the workplace.

The council is a resource for work-site health promotion and collaborates with health care providers, community leaders, businesses and institutions to improve the health of employees and families.

All three companies are clients of [Benefit Commerce Group](#), a Scottsdale-based employee benefits company.

"Our clients who received these awards are head and shoulders above many other employers in the state in focusing on health and wellness for their employees," said [Scott M. Wood](#), principal of BCG. "

BCG also was awarded by the council for its "Process, Progress and Leadership in Worksite Health Promotion." BCG implemented a "Healthy U" program that includes biometric screening, individual health assessments, and both group and individual health coaching sessions.

Able Engineering, based in Phoenix, was recognized for investing \$250,000 in its Wellness/Fitness Center, plus two full-time trainers, a healthy food cafe, strict tobacco-free requirements, biometric screenings and health-risk assessments for employees and spouses. Able's employees lost more than 1,100 pounds and it saw a \$1,500 average health plan cost savings per employee.

Buffalo Exchange, which has a location in Tempe and another in Phoenix, worked with BCG to implement a health and wellness program that included a new consumer-directed health plan. Their health plan strategy focuses on personal responsibility and rewards employees from \$750 to \$1,500 for completing annual biometrics and health-risk assessments. Employees have seen improved benefits with no increase in payroll deductions for the past three years.

Suntec Concrete has taken wellness directly to its employees in all five of its divisions by working with BCG and the Wellness Council to assure employees and their families receive wellness information and can participate in programs. The Phoenix-based concrete contractor's successes include over 90 percent participation in the latest annual biometric screenings.