

EMPLOYER CORNER

O'Neil & Associates keeps staff healthy, happy

The well being of its employees is a top priority at O'Neil & Associates. This nationally known company creates technical publications and content management systems for the Department of Defense and commercial customers in the United States.

Although it is large, O'Neil & Associates goes to great lengths to give its employees the opportunity to get and stay healthy.

The company offers its nearly 300 employees an on-site workout facility, wellness programs, company sponsored walks, personal trainer visits, weekly Zumba, Pilates and body sculpting classes.

In addition to workouts and exercise, O'Neil & Associates participates in Premier Community Health's Employee Health Management Program. It offered on-site health screenings and flu shots to employees and spouses. These serve as a way for the company to have healthier employees without spending a lot of money.

PCH tracks the progress and screening results of the employees and makes personal calls to anyone whose screening results are questionable. All information gathered is confidential and only shared with the employee.

For more information about Premier Community Health's Employee Health Management programs, call (937) 227-9400 or 1-877-274-4543.