



# 2019 HEALTHIEST EMPLOYERS

Honoring the companies that prioritize employee wellness

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## HEALTHIEST EMPLOYERS



**EXTRA SMALL COMPANIES:**  
2-99 EMPLOYEES

## HIGHEST RATED THE SAFEGARD GROUP INC.

The Safeguard Group, Inc. is a full-service insurance broker and risk management consulting firm. Safeguard was founded in 1994 by Robert V. Donato III and is headquartered in Media.

**U.S. employees:** 58

**Philadelphia-area employees:** 58

### What is something new you tried this year?

This year, we have expanded our personal trainer offering. We previously offered the personal trainer for 2 days per week but with the increase in usage and satisfaction we decided to offer the personal trainer four days per week starting Jan. 1.

### What makes your wellness program stand out?

At Safeguard, we invest heavily in our employees financially and in their well-being. By providing an on-site personal trainer, we are able to help our employees maintain a healthy lifestyle and get them professional recommendations for their eating habits and activities outside of the office. We also pay 100% of medical/dental/vision benefits for all employees that need them even as healthcare costs continue to rise.



### What statistic best captures the success of your wellness program in the past 12 months?

Even at our size, with self-funding we are able to capture our overall claims spending trends. With the decrease in claims spending over the past few years while increasing participation in our medical plan, it is clear we are improving the overall health of our employee population through our wellness efforts.



## GLOBALFIT

GlobalFit is a provider of wellness solutions for employers and insurers nationwide. With more than 25 years in the wellness space, GlobalFit provides powerful technology that accelerates wellness program engagement, leading to improved population health and vitality.

**U.S. employees:** 35

**Philadelphia-area employees:** 35

### What statistic best captures the success of your wellness program in the past 12 months?

Every single one of our team members participated in our biometric screening program in 2018. We sent out an email communication announcing the event, explaining the importance of biometric screenings and asking folks to sign up in advance for a time slot. Because we're such a small company, everyone talks to everyone and so we were able to create a buzz around the office with people wishing each other luck and some folks even feeling comfortable enough to share their results.



## GOLDBERG, MILLER AND RUBIN

The law firm of Goldberg, Miller & Rubin specializes in automobile negligence, general and premises liability, workers' compensation, toxic tort and asbestos litigation, as well as insurance and healthcare fraud litigation. GMR has offices in Pennsylvania, New York and New Jersey.

**U.S. employees:** 61

**Philadelphia-area employees:** 47

**What is something new you tried this year?** We have embraced in-office yoga this year, providing a space for our employees to relax, release tension and conveniently participate in a beneficial activity for both their mind and body. We seek to expand our in-office health programs and activities in the coming year using the feedback that we have received from current employees.



## INTEPROS CONSULTING

IntePros provides highly skilled consultants for business organizations across the country on a contract or permanent basis in the following business practices: PMO suite, information technology, and quality and regulatory compliance.

**U.S. employees:** 60

**Philadelphia-area employees:** 35

**What makes your wellness program stand out?** Our wellness program stands out because we are a small company that looks at each of their employees and offers solutions for them. Some people have standing desks, some have flex schedules, it just depends on the person and their needs. This has been a huge benefit to our employees and for the company in attracting and retaining talent.



## SMART PARK INC. & EXPRESSPARK INC.

Smart Park, Inc & Expresspark Inc. provides secure off-site short-term and long-term airport parking for travelers using the Philadelphia International Airport. The company operates 24-hour shuttle service between the airport and the lots.

**U.S. employees:** 26

**Philadelphia-area employees:** 26

**What makes your wellness program stand out?** We offer tips and/or recipes for eating better for our employees to become aware of what they are doing on a day-to-day level, which assists them to make conscious choices toward living a more balanced and healthy lifestyle. We track the individual's performance by supplying free fitness bands, we check and verify employee workouts, we encourage taking walks around our facilities, we take employee measurements and do monthly weight checks. We recently purchased an ancillary building and once we get the proper approvals, we will be adding a small fitness area and cafe area.



## THERAPY SOURCE INC.

Founded in 2001, Therapy Source places speech-language pathologists, occupational therapists, school psychologists and other special education-related professionals in public, charter and virtual schools nationwide.

**U.S. employees:** 49

**Philadelphia-area employees:** 49

**What makes your wellness program stand out?** Our wellness program, Health Express, is employee-driven. We have a staff advisory committee comprised of one or more members from each department. They meet monthly and are charged with obtaining feedback from their team members. This feedback, along with feedback from our annual staff wellness survey, drives the programming decisions made by the committee. We conduct one or two seminars a month on health-related topics and publish at least one article per week on our monthly wellness theme.