

## **Cigna Recognizes Brooks Rehabilitation for Commitment to Employee Health and Wellness**

**Jacksonville, Fla. - October 14, 2015** - For the second year in a row, Cigna has selected [Brooks Rehabilitation](#), a not-for-profit health system, as the winner of the second annual local Cigna Well-Being Award for demonstrating a commitment to improving the health and well-being of employees through workplace wellness programs.

Brooks offers employees multiple avenues to improve their health, including free biometric screenings and health assessments, access to one-on-one health coaching and fresh fruits and vegetable at mealtimes. Through the weekly Wellness Wednesday program, the company offers educational materials and programming to help employees adopt healthier habits. Brooks also enhanced their Annual Wellness Passport program to motivate employees to take advantage of preventive exams and screenings. Employees earn incentives based on their participation level in the wellness program.

Since launching their wellness program three years ago, Brooks has seen health assessment and biometric screening completion rates increase from 29 percent to 93 percent. Additionally, employee engagement with health coaching has increased each year.

"Employers are faced with a variety of health care challenges - namely, rising costs and employee absenteeism," said Dean Mirabella, president and general manager for Cigna in Florida. "To make health care more affordable and improve employee well-being, employers need to invest in a culture of health. We are pleased to recognize Brooks for making that commitment."

"Our wellness program would not have been successful without support from our senior leadership," said Jennifer Smith, benefits manager for Brooks Rehabilitation. "When employees see our leaders participating in wellness activities, they are more likely to join in those activities themselves."

According to the Centers for Disease Control and Prevention (CDC), U.S. employers lose more than \$225 billion each year in productivity due to employee health problems. Cigna created the Well-Being Award to recognize employer clients that have a positive impact on the health and well-being of their workforce.

Applicants were evaluated based on the core components of their wellness program, including the goals, implementation, incentives, leadership engagement and employee participation. All applications were reviewed and judged by an internal review committee from Cigna.

### **About Brooks Rehabilitation**

Brooks Rehabilitation has been serving the southeast for over 40 years. As a non-profit organization, Brooks Rehabilitation, based in Jacksonville, FL, operates one of the nation's largest inpatient rehabilitation hospitals in the US with 157 beds, the region's largest home healthcare agencies, 26 outpatient rehabilitation clinics, a skilled nursing unit dedicated to orthopedic rehabilitation, a rehabilitation medicine physician practice and a campus designed for senior services with skilled nursing, assisted living and memory care. In addition, Brooks Rehabilitation operates the Brooks Rehabilitation Clinical Research Center which specializes in research for stroke, brain injury, spinal cord injury and more to advance the science of rehabilitation. Brooks Rehabilitation also provides many low or no cost community programs and services such as the Brooks Clubhouse and our Brooks Adaptive Sports and Recreation Program to improve the quality of life for people living with physical disabilities. For more information, visit [BrooksRehab.org](http://BrooksRehab.org).

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