

Cigna Recognizes City of Naples for Commitment to Employee Health and Wellness

Naples, FL - August 1, 2017 - Cigna has selected City of Naples as the winner of its annual Cigna Well-Being Award in South Florida for demonstrating a strong commitment to improving the health and well-being of employees through workplace wellness programs.

The City of Naples offers employees multiple avenues to improve their health, including free biometric screenings and health assessments, fitness incentives and access to a wellness coordinator onsite.

The City also offers programs to help employees better manage chronic conditions and sponsors activities that help foster a culture of health, including an employee garden, ergonomic work stations, health fairs, healthy food choices in vending machines and water bottle filtration fill stations, and fitness demonstrations and activities.

"The City of Naples is playing a critically important role for health and wellness at a time when chronic disease is rising and employers are faced with a variety of health care challenges," said Scott Evelyn, Cigna market president for South Florida/Caribbean. "Their workplace programs are improving health and wellness one employee at a time by increasing wellness and productivity and reducing costs. We're honored to be the City of Naples health benefits partner and look forward to continuing our work together to help build healthier communities in the region."

Participation and engagement rates in the City's wellness program have increased each year since the program began in 2016. The City has 94 percent participation in employees taking a health assessment, including 97 percent employees participating in biometric screenings. By giving employees the opportunity to participate in wellness activities during work hours, employee participation in a walking challenge increased from 9 percent in 2016 to 38 percent in 2017.

"The City of Naples is honored to be selected as a winner of the Cigna Well-Being Award," said Lori McCullers, risk manager for the City of Naples. "We believe employees should take an active role in their health, healthy employees are happier, more productive and better engaged with their work, which is good for the entire community."

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

About City of Naples

The City of Naples, considered to be the best place to live, work and play, is home to about 19,600 people. Naples is one of the wealthiest cities in the United States, with the sixth highest per capita income in America. Naples and its neighboring Immokalee and Marco Island have been awarded the No. 1 spot on the [Gallup-Healthways State of American Well-Being Community Well-Being Rankings](#) list. Naples' top marks can be attributed to the 2015 launch of the Blue Zones Project in Southwest Florida, aimed at improving community well-being, coupled with the city's completion of a redevelopment project that added roundabouts, sidewalks and bike lanes. To learn more about the City of Naples, including links to follow us on Facebook or Twitter, visit www.naplesgov.com.

About Cigna

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