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The Health Plan Receives American Heart Association Recognition

St. Clairsville, OHIO – The Health Plan has been recognized as the first place fundraising company for the 2016 Ohio Valley Heart Walk. Valerie Piko, American Heart Association division director, presented the award Monday morning. The Health Plan raised \$11,328 for the walk, the American Heart Association's premiere fundraising event.

More than 80 employees and family members participated in the event. Many have been touched by heart disease and stroke. In an effort to raise money and promote the event, five employees of The Health Plan acted as team captains. Each team held their own fundraisers, including bake sales, craft making events, themed basket raffles, a dunk tank and luncheons. The company also raffled off a VIP parking spot and an extra paid vacation day.

The American Heart Association uses the funds to save lives from heart disease and stroke, the No. 1 and No. 5 causes of death, respectively, in the United States. The annual celebration promotes physical activity and heart-healthy living. Ninety percent of the money raised is put directly back into research.

"We are so grateful for all of the financial support that The Health Plan employees have shown the organization. The funds raised will support the American Heart Association's lifesaving research, education and advocacy work," Piko said, noting that 80 percent of heart disease and stroke events can be prevented.

In an effort to continue to promote wellness and employee health, The Health Plan has partnered with The Ryan Ferns Healthplex to offer CoreFit90, a 90-day nutrition and fitness program for employees. While multiple employees are currently participating, 20 have completed the program. The group lost a total of 276 pounds and an average of 26 percent body fat, with improved blood pressure and cholesterol numbers as well.

Heart Walks are held in cities and towns across the country, led by more than 5,000 companies and almost 100,000 teams of fundraising walkers. More than a million people participate in Heart Walks each year.

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The Health Plan (www.healthplan.org), established in 1979, is a community health organization that has an extensive provider network that includes access to over 650,000 national and regional providers. The Health Plan is a clinically-driven, technology-enhanced, and customer-focused organization that manages and improves the health and well-being of its members. For over 35 years, The Health Plan has offered a complete line of managed care products and services designed to

provide health care systems and clients with innovative health care benefits and plans at a reasonable cost across the mid-Atlantic region and nationally.



The Health Plan