



# National Business Group on Health Honors Paychex as One of the Best Employers for Healthy Lifestyles

Paychex Among 66 Employers Recognized for Promoting Healthy Workplaces

ROCHESTER, N.Y.--(BUSINESS WIRE)-- For the second year in a row, Paychex, Inc., a leading provider of [payroll](#), [human resource](#), and [benefits outsourcing](#) solutions for small- to medium-sized businesses, was honored by the National Business Group on Health for its commitment and dedication to promoting a healthy workplace and encouraging workers and families to support and maintain healthy lifestyles.

Paychex was among 66 employers that received the 2010 Best Employers for Healthy Lifestyles award at the Leadership Summit sponsored by the National Business Group on Health's Institute on Innovation in Workforce Well-being. Paychex received a Gold Award for its Active Health program, a comprehensive wellness initiative.

"In a time of skyrocketing health care costs, it's more important than ever for companies like Paychex to embrace a culture of wellness, which helps employees be as healthy as they can be," said Will Kuchta, Paychex vice president of organizational development. "Not only does this help contain costs, but it creates an environment where employees can have fun engaging in healthy programs and activities with their co-workers. Receiving this honor for the second straight year is a great affirmation of what we're doing to help our people live healthier lives."

The Paychex Active Health program, now in its third year, supports and rewards employees for making a healthy lifestyle a priority. Well over 80% of Paychex's 12,000+ employees participate in the nationwide program. Features of the company's wellness program include:

- onsite health screenings
- an online health questionnaire
- a robust tobacco cessation program
- comprehensive stress management and work-life balance programs
- a team-based physical activity and nutrition program
- healthy dining at company cafeterias
- unlimited access to health coaching
- routine preventive medical care at no cost to employees and their dependents
- volunteer wellness champions at each of the company's 100+ locations, who coordinate wellness events at the branch level
- cash rewards for points earned by completing wellness activities

"We are delighted to recognize Paychex for its innovation and commitment to providing lifestyle improvement programs designed to encourage healthier lifestyles for their employees," said Helen Darling, president of the National Business Group on Health.

"Paychex and its management team recognize just how important a healthy workforce is to increasing productivity and controlling health care costs, and we congratulate them on receiving this award."

Winners of the Best Employers for Healthy Lifestyles awards were honored in one of three categories: Platinum, for established workplace well-being programs with measurable success and documented outcomes; Gold, for creating cultural and environmental changes that support employees who are committed to long-term behavior changes; and Silver, for employers who have launched significant programs or services to promote living a healthier lifestyle.

#### About Paychex

Paychex, Inc. (NASDAQ: [PAYX](#)) is a leading provider of payroll, human resource, and benefits outsourcing solutions for small- to medium-sized businesses. The company offers comprehensive payroll services, including payroll processing, payroll tax administration, and employee pay services, including direct deposit, check signing, and Readychex<sup>(R)</sup>. Human resource services include 401(k) plan recordkeeping, health insurance, workers' compensation administration, section 125 plans, a professional employer organization, time and attendance solutions, and other administrative services for business. Paychex was founded in 1971. With headquarters in Rochester, New York, the company has more than 100 offices serving approximately 554,000 payroll clients nationwide as of May 31, 2009. For more information about Paychex and our products, visit [www.paychex.com](http://www.paychex.com).

#### About the National Business Group on Health

The National Business Group on Health is the nation's only non-profit organization devoted exclusively to representing large employers' perspective on national health policy issues and providing practical solutions to its members' most important health care problems. The Business Group helps drive today's health agenda while promoting ideas for controlling health care costs, improving patient safety and quality of care, and sharing best practices in health benefits management with senior benefits, HR professionals, and medical directors from leading corporations. Business Group members, which include 63 Fortune 100 companies, provide health coverage for more than 50 million U.S. workers, retirees, and their families. For more information, visit [www.businessgrouphealth.org](http://www.businessgrouphealth.org).

Source: Paychex, Inc.