MEALS ON WHEELS FOR WNY
100 James E. Casey Drive, Buffalo, NY 14206 • mealsonwheelswny.org

• President and CEO: Chris Procknal
• Product/service: Provides nutritious food, friendship and well-being checks for vulnerable seniors and disabled individuals throughout Western New York.

• Employees, local: 68
• Founded: 1969
• Key executives
  • Lucian Wiza, CFO
  • Kathy Gorman, COO

• Top wellness activities: Month-long cooking competitions such as the Soup Off and Secret Ingredient Challenge, fitness challenges such as steps contests, wellness fair for staff
• Biggest benefits: Staff is proactively engaged with their health. Activities and competitions are fun, boost morale and promote team building.

• Programs in place since: 2011
• Awards and recognitions: Yes
• Why program started: As a nutrition-oriented organization, we wanted to increase the internal conversation around health and find fun ways to encourage staff to live their healthiest lives.

• Participation during work hours: Yes
• Here's some advice: Engage staff in developing and leading wellness efforts. Find activities and measures that combine organizational goals with staff interests. Have fun.

WESTERN DIVISION FEDERAL CREDIT UNION
6750 Main St., Williamsville, NY 14221 • westerndivision.org

• CEO: Robert Harms
• Product: Financial products and services
• Employees, local: 20
• Founded: 1937
• Key executives
  • Douglas Renning, COO
• HR contact: Douglas Renning
• Biggest benefits: The team environment creates positive, healthy results.

YOURCARE HEALTH PLAN
438 Main St., Buffalo, NY 14202 • yourcarehealthplan.com

• President and CEO: Dennis Graziano
• Product/service: Provides free or low-cost health insurance to residents in seven counties in the Buffalo and Rochester regions.

• Employees, local: 36
• Founded: 2015
• Key executives
  • Michael Messier, CFO
  • Kim Hess, COO
  • Joseph Stankaitis, CMO
• HR: Jill Parker, jpark@monroeplan.com

• Top wellness activities: Annual biometric screenings, flu shots, Step Challenge
• Biggest benefits: Minimizing annual cost increases in the medical plan. For the past several years, we have had zero or low single-digit increases in our medical plan. Also, encouraging and rewarding healthy behaviors.

• Programs in place since: 2011
• Awards and recognitions: Almost every program or event provides participation incentives or rewards.
• Why program started: To minimize the annual cost increases in the medical plan and to encourage and reward healthy behavior.

• Participation during work hours: Yes
• Here's some advice: Start small. Plan two to three events or programs for the year and build from there. Form a cross-functional wellness committee. Obtain buy-in from senior leadership.