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Greater Washington's 'Healthiest Employers' to share strategies for workplace wellness programs

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Fifty companies will be honored at the Sept. 18 event, for leadership, programming and... more

The Washington Business Journal will name the region's healthiest companies at Greater Washington's Healthiest Employers Awards and Workplace Wellness Expo Thursday. The annual event, our fourth, will be held at the Marriott Marquis in D.C. and will honor 50 companies across five categories. The finalists were announced last month.

This week's print edition will take a deeper look at how careful wellness programming can equate to workplace success and savings. Friday's paper will also include a roundup of the honorees.

Thursday's event will expand on the wellness point with a 30-minute panel discussion titled, “Wellness programs: Are you wasting your money?” led by Tina Reed, health care reporter for the Washington Business Journal. Reed has written blogs this week on where to find your biggest wellness ROI and why workspaces are shrinking(and why that's a good thing).

Here are the panelists:

- Chloe Rosenthal, director of Human resources, Honest Tea
- Rod Reason, CEO, Healthiest Employers
- Ron Z. Goetzel, senior scientist and director, Institute for Health and Productivity Studies, Johns Hopkins Bloomberg School of Public Health
- Joe Appelbaum, president, Potomac Cos.

To be considered for the Healthiest Employers award, companies completed a 75-question

application which was reviewed by Indiana-based Healthiest Employers LLC. Companies were scored in six categories: Leadership commitment, communication and markets, foundational components, programming and interventions, strategic planning, and reporting and analysis. This week's print edition will include a detailed look at how Healthiest Employers developed its survey and how companies are scored.

The awards are broken down by company size to make apples-to-apples comparisons. The reason is simple: The larger a company is, the more resources it should have to put toward an employee wellness program.

Tickets are still available for Thursday's expo, which runs from 8 a.m. to 2 p.m. In the meantime, take a look at the Healthiest Employer finalists, listed in alphabetical order by category:

2-99 Employees

American Society of Landscape Architects

Corporate Network Services Inc.

Honest Tea Inc.

Limbach Co. LLC

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Wellness Corporate Solutions LLC

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100-499 Employees

Continental Realty Corp.

Gentle Giant Moving Co. Inc.

IntelliDyne LLC

IQ Solutions

NCB, FSB

Nova Medical Group

Pharmaceutical Research and Manufacturers of America

Van Metre Cos.

Walker & Dunlop Inc.

Washington Real Estate Investment Trust Inc.

500-1,499 Employees

Baker, Donelson, Bearman, Caldwell & Berkowitz PC

City of Rockville

Crowell & Moring LLP

Duke Realty

LMI

NPR

Radio One Inc.

Steptoe & Johnson LLP

WC Smith

1,500-4,999 Employees

AOL Inc.

CareFirst BlueCross BlueShield

Deltek Inc.

Dixon Hughes Goodman LLP

Neustar Inc.

Orbital Sciences Corp.

Ryan Inc.

ServiceSource International Inc.

SRA International Inc.

USI Insurance Services LLC

Virginia Hospital Center

5,000+ Employees

Accenture

Discovery Communications Inc.

George Washington University

Jones Lang LaSalle Inc.

Kaiser Permanente of the Mid-Atlantic States

Loudoun County Public Schools

Marriott International Inc.

MedImmune LLC, an AstraZeneca Co.

Northrop Grumman Corp.

Quest Diagnostics Nichols Institute

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