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For immediate release:

February 12, 2020

American Heart Association Recognizes Nascentia Health for Workplace Health Achievement

Syracuse, New York – Nascentia Health, a local leader in healthcare services focused on providing integrated care and in-home service delivery, has achieved Gold level recognition in the American Heart Association's (AHA) 2019 [Workplace Health Achievement Index](#).

The AHA created the Index with its [CEO Roundtable](#), a leadership collaborative of more than 40 CEOs from some of America's largest companies who are committed to applying evidence-based approaches to improve their employees' overall health. The Index uses science-based best practices to evaluate the overall quality and comprehensiveness of workplace health programs.

A unique feature of the Index is that it calculates an average heart health score for employees of participating companies that securely submit aggregate health data. Companies receive benchmarking reports, which allow them to identify potential areas of improvement so that they can advance their annual performance and recognition in the Index and help their workforce move toward ideal heart health.

"Nascentia Health is proud to be one of only two locally-based companies to earn Gold level recognition for 2019," said President and CEO Kate Rolf. "I commend our employees for their combined efforts to improve their health and boost our performance from 2018. Jumping from Bronze to Gold level recognition in the space of just a year is truly a testament to their hard work and dedication and to Nascentia's continued commitment to fostering a corporate culture of health and wellness."

As part of its commitment to healthier workplaces, the AHA also offers Health Screening Services, an onsite biometric screening solution which allows organizations to collect and submit employee health data seamlessly. The health screenings are combined with a health assessment and education to motivate participants to make behavior changes or seek support for lifestyle changes and follow-up medical care, as appropriate.

The AHA's Workplace Health Solutions offers a suite of evidence-based tools to help optimize current employee health programs. These tools leverage the science behind the Index while improving consumer engagement and promoting healthier behaviors. For more information, visit www.heart.org/workplacehealth.

Photo Caption: Franklin G. Fry, Executive Director of the American Heart Association's Greater Syracuse Division, presents Nascentia Health President and CEO Kate Rolf with a gold medallion in recognition of the system's Gold level recognition in the American Heart Association's 2019 Workplace Health Achievement Index.

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About Nascentia Health: Nascentia Health was born of the unification of VNA Homecare, VNA Homecare Options, Home Aides of Central New York and all their respective affiliated organizations and foundations. As a healthcare system without walls, Nascentia is an innovator in the concept of home healthcare, focusing on the patient as a whole and leveraging leading-edge care approaches and technologies to improve outcomes and quality of life. Specialties include: in-home nursing and medical services; home health aides and elder care; complete cross-continuum care management; community health and wellness programs; transportation, equipment and innovative care technologies; chronic disease management; managed long-term care; and a Medicare Advantage Plan. The system's catchment area spans 48 counties across Central and Upstate New York.

About the American Heart Association: The American Heart Association is a relentless force for a world of longer, healthier lives. We are dedicated to ensuring equitable health in all communities. Through collaboration with numerous organizations, and powered by millions of volunteers, we fund innovative research, advocate for the public's health and share lifesaving resources. The Dallas-based organization has been a leading source of health information for nearly a century. Connect with us on heart.org, Facebook, Twitter or by calling 1-800-AHA-USA1.

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