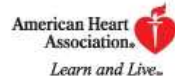




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NEWS RELEASE

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(For immediate release)

FMC RECOGNIZED AS A PLATINUM-LEVEL AMERICAN HEART ASSOCIATION START! FIT-FRIENDLY COMPANY

Start! helps companies take steps to decrease healthcare expenses, increase productivity.



LANCASTER, Ohio (June 3, 2009) – Fairfield Medical Center (FMC) has been recognized as a Platinum-Level Start! Fit-Friendly Company by the American Heart Association's Start! movement for helping employees eat better and move more.

"Physical activity and employee wellness are important priorities at

FMC. We are honored and excited to be recognized by the American Heart Association's Start! movement as a Platinum-Level Start! Fit-Friendly Company," said Mina Ubbing, FMC President and CEO. "We're committed to providing the best workplace environment possible. This will benefit our employees' health and produce even more positive results for our company overall."

Platinum-level employers:

- Offer employees physical activity options in the workplace
- Increase healthy eating options at the worksite
- Promote a wellness culture in the workplace
- Implement at least nine criteria outlined by the American Heart Association in the areas of physical activity, nutrition and culture
- Demonstrate measurable outcomes related to workplace wellness

FMC has been a leader in implementing health and wellness programs for its employees. Promoting wellness in our workplace culture has been a group effort by our Wellness Program, Nutrition Services department, Marketing and Community Services, and the Outpatient Therapy department. The employees have access to healthy meals and snacks in the cafeteria, which features our “Healthy Weigh” daily choice. Nutritional information has been included to educate our staff on their food choices.

Health coaching and fitness programs have been implemented into our daily routine to provide support, encouragement, and accessibility. Quarterly competitions and promotions were additional events that were added this past year to increase activity. Misty Newsome, FMC Wellness Services Manager, commented, “Overall, the hospital has experienced a decrease in long-term disability claims cost, which is a savings for the company. Our Wellness Program is a win-win situation for the employees, their families, and the Center. We are very proud to be a platinum recipient.”

The Start! Fit-Friendly Companies Program is a catalyst for positive change in the American workforce by helping companies make their employees’ health and wellness a priority. American employers face increasing healthcare expenses and health-related losses in productivity that cost an estimated \$225.8 billion a year. Many American adults spend most of their waking hours at sedentary jobs. Their lack of physical activity raises their risk for a host of medical problems, such as obesity, high blood pressure and diabetes. Employers face \$12.7 billion in annual medical expenses due to obesity alone. Start! helps change corporate cultures by motivating employees to start walking, which has the lowest dropout rate of any physical activity.

“The Start! Fit-Friendly Companies Program offers a unique, easy-to-implement opportunity for corporations to increase employees’ physical activity, which will help improve their health – and their employers’ bottom line,” said Newsome. “Even people who haven’t exercised regularly until middle age can reap significant benefits by starting a walking program. A study published in 1986 in the New England Journal of Medicine found that individuals could gain two hours of life expectancy for every hour of regular, vigorous exercise they performed. We have really noticed a difference here at FMC and have certainly benefited from this program.”

Start! is sponsored nationally by SUBWAY® Restaurants, Healthy Choice® and AstraZeneca. For more information about the Start! Fit-Friendly Companies Program and how it is helping to improve the health of Americans by focusing on an activity that is convenient, free and easy, call Misty Newsome at (740) 687-8137 or visit www.startwalkingnow.org.

About the American Heart Association

Founded in 1924, we’re the nation’s oldest and largest voluntary health organization dedicated to building healthier lives, free of heart disease and stroke. To help prevent, treat and defeat these diseases — America’s No. 1 and No. 3 killers — we fund cutting-edge research, conduct lifesaving public and professional educational programs, and advocate to protect public health. To learn more or join us in helping all Americans, call 1-800-AHA-USA1 or visit americanheart.org.

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