



# SUN STAR

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The Sun Star

***ATD receives award for its employee wellness program***

Strongsville-based Atlantic Tool and Die has been selected as one of the top 25 United Healthcare customers for the "Well Deserved" award, an honor given to employers who demonstrate an exceptional commitment to improving the health and well-being of their employees.

United Healthcare selected 10 winners and 15 honorable mention candidates.

United Healthcare presented the honorable mention recognition to ATC on Jan. 14 for its worksite wellness program called Shape Up (Strength, Health, Attitude, Physical Exercise, Unified Prevention), which encompasses prevention, physical activity and healthy eating.

When employees start the program, they are given a book to log their activities, keep a food journal and record health goals.

The company also created its own tracking and reward system via an Internet site.

ATD has a 98 percent participation rate this year in the health assessment and other programs.

Facilities participating in Shape Up include Strongsville, Sharon Center, Seville and Anniston, Ala. Atlantic Tool and Die manufactures metal stampings and assemblies for automotive applications.

Award applicants were judged and scored by a broker review panel on pre-defined criteria established by United Healthcare's Health and Wellness directors.