

Members

Acme McCrary/MAS
AEC Narrow Fabrics
Asheboro City Schools
Asheboro/Randolph Chamber of Commerce
BetterCare Wellness
City of Archdale
City of Asheboro
City of Randleman
City of Trinity
Fibertex
First Health
Five Points Medical Center
Insight NC
Insurance Associates of the Triad
Matlab
MERCE Clinic
MOM Brand
OFS Carolina
Plastics Color Corp.
Prevo Drugs
Randolph Community College
RC Economic Development Corporation
Randolph-Asheboro YMCA
Randolph County Government
Randolph County Partnership for Children
Randolph County School System
Randolph EMC
Randolph Health
Sapona Plastics
Schwarz Properties
Technimark
Thomas Tire and Automotive
Timken
Town of Franklinville
Town of Liberty
Town of Ramseur
Town of Seagrove
Wake Forest Baptist Health

Join the Coalition

As a member, you'll receive weekly Wellness Tips with news and health related tips along with a calendar of wellness events. You'll also have access to all wellness initiatives sponsored by the Corporate Municipalities Wellness Coalition at no or low cost.



To join the Coalition or for information on wellness initiatives, email Sam Varner at sam.varner@randolphcountync.gov or call (336) 318-6601.



Randolph County Corporate Municipalities Wellness Coalition



*"Creating a Culture of Wellness
One Step at a Time"*

A Part of Healthy Communities

**Sam Varner
Randolph County
Wellness Administrator**

Mission and Vision Statement

The purpose of the Corporate-Municipalities Wellness Coalition is to help local businesses and municipalities improve the health and well-being of their workforce.

The vision is to create a *culture of wellness* in Randolph County through partnerships and collaboration to foster economic development, attract new businesses, better manage health care costs, and improve the overall wellbeing of our community.

History of the Wellness Coalition

The Coalition was created in early 2017 by Randolph County Wellness Administrator Sam Varner, the Department of Public Health, and a handful of area businesses. The purpose is to help local employers develop and successfully implement employee wellness programming for their workforces through collaboration, education, encouragement, and pursuing creative ways to better manage health care costs.

Since inception, the Coalition has grown to over 40 businesses and municipalities and includes both school systems. Randolph County Government is leading the way by helping members foster successful wellness initiatives through support and strategic partnerships.

Wellness Initiatives Available to Members

Cook Smart Eat Smart Program

Diabetes Management Program

Dining with Diabetes Course

Flu Shot Clinic

Freedom from Smoking

Health Coaching

Health Fair (every two years)

Healthy Cooking Classes

Healthy Lifestyle Management Course

Heart Disease: Are You at Risk?

Hikes & Walks

Mediterranean Eating

Mental Health First Aid Certification

Mindfulness Classes

Nutrition Classes

Pre-Diabetes Program

Safe Kids Program

Stress Mindset Intervention Class

Tobacco Cessation Course

Trail Development

Wellness Speaker's Bureau

Testimonials

“The Formation of the Corporate-Municipalities Wellness Coalition and the merger of Healthy Communities fit perfectly into the Randolph County Strategic Plan which improves health and well-being of our community, reduces health care cost, contributes to a healthier workforce, attracts businesses and enhances economic development.”

—*Hal Johnson, Randolph County Manager*

“..the Wellness Coalition is intended to be a driver of economic development in Randolph County. Companies want to invest in communities where citizens are educated about wellness and take healthcare seriously.”

—*Zeb Holden, Archdale City Manager*

“Our employees have benefitted greatly from many of the initiatives, including health coaching, tobacco cessation, weight management, and diabetes education.”

—*Marty Trotter, Assistant Superintendent for Operations, Randolph County Schools*

“Sharing the success of our employee wellness program with local businesses and municipalities makes sense because a healthier workforce means stronger existing and future business development.”

—*Sam Varner, Randolph County Wellness Administrator*