

# Healthiest Employers: Large company winners have big ideas for employee health

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## Large Company Winners (500-1,499 employees)

Ranking	Company
1.	Accenture
2.	Signature Healthcare
3.	Granite Telecommunications LLC
4.	Babson College
5.	Kronos Inc.
6.	Beth Israel Deaconess Hospital-Plymouth

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Ask company officials what their most popular wellness programs are — or what they're most proud of as well — and you'll get a different answer every time.

At Accenture PLC, [Melissa Caine](#), co-leader of the work-life wellness group in Boston, says it's her firm's "Accenture Active Day," a full workday dedicated exclusively to health activities by employees.

At [Signature Healthcare](#), [Kathleen Nelson](#), director of population health at the Brockton-based hospital and group-practice network, says it's the institution's on-site wellness programs, including one-on-one employee health meetings with Registered Nurses.



MARLON BLACKMAN

Flag football players from Granite Telecommunications are ready to go at the Marina Bay Sportsplex.

At [Granite](#) Telecommunications, Rand Currier, co-founder and chief operating officer, cites the firm's \$1 million investment in its 15,000-square-foot, state-of-the-art fitness center for employees.

For their commitment to those and many other wellness programs offered to their employees, Accenture, [Signature Healthcare](#) and [Granite](#) Telecommunications are the top winners in the large company category (500 to 1,499 employees) of this year's BBJ Healthiest Employers, respectively coming in first place, second and third.

Other top winners in the category include [Babson College](#) (fourth place), Kronos Inc. (fifth place) and Beth Israel Deaconess Hospital-Plymouth (sixth place), all three of which came in with extremely solid scores considerably above the rest of the pack in the category.

There's a tremendous amount of overlap in what companies generally offer when it comes to wellness programs. But what makes this year's top six winners in the large company category stand out is that they each have a unique program or approach toward wellness.

At Accenture, its "Accenture Activity Day" is actually part of the management consulting and professional services firm's overall "Accenture Active" program, described as a "holistic wellness program designed to inspire our employees" to set and reach health goals. It includes an easy-to-use app that allows employees to set and track their own health and wellness goals. In addition, at Accenture's Boston offices, the firm issues a monthly newsletter about upcoming wellness programs and other health information, says Caine.

Accenture has no health mandates for employees. Instead, its philosophy is to make quality wellness programs attractive and available — and employees will respond.

"It provides a great opportunity for them to participate," Caine said.

At [Signature Healthcare](#), the company's philosophy is simple, says Nelson: "As a health care institution, we want our employees to do what we're telling our patients to embrace." That means leading healthy lifestyles that help prevent illnesses, instead of just treating illnesses after they've struck, she said.

As for its array of "Wellness Together" programs, [Signature Healthcare's](#) one-on-one RN "health coaching" is indeed popular, especially for those looking to

address specific things such as stress reduction, said Nelson. But its 16-week, “evidence-based” weight-loss program, also run by RNs, is hugely popular, said Nelson.

As for Quincy’s [Granite](#) Telecommunications, Carrier said its recently expanded fitness center is the company’s pride and joy when it comes to wellness. Founded in 2002, Granite has had an on-premises gym “since day one,” with Granite CEO and principal owner Rob Hale being one of the most regular users of the current modern facility, equipped with dozens of exercise machines, from treadmills to StairMasters.

[Granite](#) also has onsite CrossFit trainers leading classes — three times a day. “And the classes are packed,” said Carrier.