



Press Release

March 21<sup>st</sup> 2017

### **CUC Employees Benefit from Wellness Programme**

Employees of Caribbean Utilities Company, Ltd. (CUC) are seeing significant benefits from the Company's internal wellness programme.

Health and Safety is one of the core values of the Company and the CUC Wellness Connection was implemented in 2013 to create a healthier environment and to encourage employees to take the necessary steps to improve their health and wellbeing.

The programme offers opportunities for employees to improve their fitness, nutritional, mental and financial wellness. The focus on these areas has provided great results, helping the Company to achieve new safety records, improved health insurance plans, and there has been an overall commitment to healthier lifestyles.

CUC's Talent Acquisition Specialist, Anika Conolly, along with the Human Resources and Employee Development Department are responsible for the coordination of our Wellness programme. Anika says, "Since 2013, there has been no increase in our insurance premiums. What we have seen is an overall decrease of over 16% in our Health Insurance premiums and less cases of high blood pressure and hypertension reported. Our Move Safe exercises have also aided in injury prevention. On a whole the programme has been very successful and we continue to work hard to maintain that level of success."



In 2015 CUC launched the Move Safe programme. This programme is aimed at reducing musculoskeletal injuries through teaching staff how to prepare the work area and equipment, and maintain safe posture and movement as they work. Twenty-six Move Safe leaders have been trained to lead their teams at the beginning of each work day with warm-ups.

The CUC Wellness Programme provides the opportunity for employees to participate in onsite health checks where visiting nurses and a nutritionist check blood pressure, cholesterol and identify areas where the employees should pay special attention. Since the implementation of this programme, there has also been a 17% decrease in the Company's average sick days.

Over the years, the programme has also incorporated financial wellness with presentations on financial and retirement planning.

CUC's President and CEO Mr. Richard Hew says, "Our wellness programme has produced great results. The goal is continuous improvement. I am pleased to see more and more employees become better informed of the benefits of living well. We encourage employees to create a practical work/life balance and our programmes are focused on assisting in this area as well."



Employees participating in MoveSafe activities.

For further information please contact:

914-1107

[pclarke@cuc.ky](mailto:pclarke@cuc.ky)