

Town of Apex Ranks #6 on Healthiest Employers List

You won't see many frosted donuts in Town of Apex break rooms. More likely on the table are granola bars, yogurt or fruit.

This practice is one of many reasons the town was just recognized by the Triangle Business Journal as the #6 Healthiest Employer of the Triangle.

Private and public sector companies in the Triangle area completed an online assessment regarding wellness programs and initiatives offered to employees. Apex was the top municipal employer, coming in six spots above the Town of Chapel Hill.

“Our wellness programs are implemented in part to reduce absenteeism and the costs of medical claims, but it's mostly about saving lives,” noted Apex Human Resources Director Eleanor Green.

“This ranking couldn't be achieved without our Wellness Committee,” added Green. “These employees are dedicated to improving physical and mental health not only for themselves, but for our entire workforce.”

The group meets monthly and organizes engaging activities such as the Employee Olympics, annual health screenings, a “most creative planking” contest, and the upcoming Get Fit Challenge.



Wellness Committee members display award