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Delray Medical Center Receives Gold-Level Recognition as Start! Fit-Friendly Company by the American Heart Association

DELRAY BEACH, Fla. – October 2011 – Delray Medical Center is proud to announce its 2011 Gold Achievement as a participant in the American Heart Association’s Start! Fit-Friendly Companies Program. This recognition confirms that Delray Medical Center has met specific criteria of the American Heart Association for employee fitness and wellness.

“Delray Medical Center takes care of our local community and we also make it a priority to take care of our employees too,” said Mark Bryan, CEO, Delray Medical Center. “We are proud to earn Gold Achievement as a Fit-Friendly Company, which confirms our success in providing employees with resources, tools and support to maintain healthy lifestyles both inside and outside of work.”

The Start! Fit-Friendly program is a catalyst for positive change in the American workforce, helping companies makes their employees’ health and wellness a priority. American employers face increasing healthcare expenses and health-related losses in productivity that cost an estimated \$225.8 billion a year. Many American adults spend most of their waking hours at sedentary jobs. Their lack of physical activity raises their risk for a host of medical problems, such as obesity, high blood pressure and diabetes. Employers face \$12.7 billion in annual medical expenses due to obesity alone. Start! helps change corporate cultures by motivating employees to start physical activity programs.

To earn Gold Achievement as a Start! Fit-Friendly Company, Delray Medical Center encouraged employees to participate in the “*Healthy at Tenet*” wellness program. By enrolling and participating in this program, employees earn points for engaging in routine exercise, not smoking, getting annual dental and physical exams, flu shots and eating healthfully. These points can even add up to dollars, earning employees financial reward through their personal health benefits plan.

About Delray Medical Center

For more than 25 years, Delray Medical Center, a 493-bed acute care hospital, has served the communities of South Palm Beach County. As both a community hospital and provisional Level I trauma center located on a 42-acre medical plaza, Delray Medical Center has the ability to offer several specialized services including Cardiac Care, Orthopedics, Rehabilitation, Neurosciences, Emergency Care and more. For the past four years, Delray Medical Center has been named one of America’s 50 Best

Hospitals (HealthGrades), as well as a Primary Stroke Center (Joint Commission), a Blue Distinction Center for Spine Surgery and for Knee and Hip Replacement (Blue Cross and Blue Shield) and has also received the Get With The Guidelines award for coronary artery disease, stroke and heart failure (American Heart Association.) Delray Medical Center is one of only 269 hospitals ranked in the top 5% in the nation for patient outcomes according to a new study by HealthGrades, the leading independent healthcare ratings organization, achieving the HealthGrades Distinguished Hospital for Clinical Excellence Award™. The hospital is one of just 13 hospitals in South Florida, and just one of five in Palm Beach County that received the recognition for its clinical performance. The hospital is actively involved in community outreach, sponsoring several events, community lectures and fundraisers. Delray Medical Center is also a smoke free campus.

For more information or physician referral, please call 1-800-897-9789 or visit the website at www.delraymedicalctr.com

About the American Heart Association

Founded in 1924, we're the nation's oldest and largest voluntary health organization dedicated to building healthier lives, free of cardiovascular disease and stroke. To help prevent, treat and defeat these diseases — America's No. 1 and No. 3 killers — we fund cutting-edge research, conduct lifesaving public and professional educational programs, and advocate to protect public health. To learn more or join us in helping all Americans, call 1-800-AHA-USA1 or visit americanheart.org

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