



N E W S R E L E A S E

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2009 FINDS MEIJER IN GREAT HEALTH AND SPIRITS

Midwest Retailer Recognized for Achievements in Employee Wellness

Supercenter Honored with Three Awards for its Efforts Toward Improving Employee Fitness, Healthy Lifestyles and Plan Implementation

GRAND RAPIDS, MI (December 16, 2009) – As it nears the end of its 75th anniversary year, supercenter chain Meijer is celebrating once again after winning three awards this year for its emphasis on employee wellness.

Citing Meijer’s commitment to encouraging healthy lifestyles within its ranks, the American Heart Association deemed the retailer a ‘Fit Friendly Company’ this past year. The company was also named one of the ‘Best Employers for Healthy Lifestyles’ by the National Business Group on Health, and was awarded the ‘Most Effective Plan Implementation’ honor by Consumer Directed Health Care Solutions Magazine.

“It’s an honor to be acknowledged for achieving one of our most important goals,” said Karen Morris, senior vice president of human resources for Meijer. “Helping our team members and their families achieve good health and well-being is key to being a successful company, and we’re extremely proud to be recognized for these important healthy living initiatives.”

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From healthy alternatives in the cafeteria and vending machines, to ‘Wellness Wednesdays’ where team members of the corporate office are encouraged to take a fitness walk on the company’s walking path, to holding walking challenges for employees in all 190 stores, Meijer was recognized by the American Heart Association for the steps it has taken toward health and wellness of its employees.

In June the NBGH cited Meijer’s employee health benefits and ‘Be Healthy Wellness Program’ as two examples of its commitment to promoting a healthy work environment. The ‘Be Healthy Wellness Program’ aims to support and empower employees and their families to achieve a healthier life balance.

Meijer’s third honor came in July from the Directed Health Care Solutions Magazine recognizing the company for having the ‘Most Effective Health Plan Integration.’ In particular, the magazine cited the retailer’s Wellness Incentive Program, which rewards employees for taking a Health Risk Assessment (HRA), along with designated wellness programs such as online health education classes, health coaching or disease management.

With its belief in ‘Healthy Living,’ Meijer continues to build on its focus of prevention, health education and workplace wellness initiatives.

About Meijer

Meijer is a Grand Rapids, Michigan, based retailer that operates 190 supercenters throughout Michigan, Ohio, Indiana, Illinois, and Kentucky. As the inventor of the "one-stop shopping" concept, Meijer stores have evolved through the years to include expanded fresh produce and meat departments, as well as pharmacies, comprehensive electronics departments, garden centers and apparel offerings. Additional information on Meijer and the ability to shop for more can be found at www.meijer.com.

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