



## NEWS RELEASE

Contact: Lisa Hamilton, ABC  
Vice President/Corporate Communications  
515-345-7589  
[lisa.l.hamilton@emcins.com](mailto:lisa.l.hamilton@emcins.com)

### **EMC Supports American Heart Month**

DES MOINES, Iowa (Jan. 29, 2016)—EMC Insurance Companies will celebrate American Heart Month throughout the month of February. The lights at the top of its East Building in downtown Des Moines will turn red to raise awareness of cardiovascular disease and remind members of the community to monitor blood pressure and cholesterol levels. Blood pressure screenings, a blood drive and a company walk will also be offered to EMC employees.

EMC is committed to the overall health and well-being of its employees year-round, providing fitness programs, health screenings and educational sessions. “EMC understands the value of a healthy workforce, both for our employees and for our company,” says EMC President and Chief Executive Officer Bruce Kelley. “We are proud to do our part and highlight American Heart Month in the fight against cardiovascular disease.”

The American Heart Association recognized EMC’s continuous efforts with a 2015 Platinum Level designation of the Fit-Friendly Worksites program. Only employers that offer a comprehensive wellness program and demonstrate measurable improvements in health outcomes qualify. Platinum-Level recipients also provide employees with healthy food options and promote a culture of wellness in the workplace. EMC also received the Well Workplace Gold Award by the Wellness Council of America.

#### **About EMC Insurance Companies**

EMC Insurance Companies is among the top 50 insurance organizations in the country based on net written premium, with more than 2,100 employees. The company was organized in 1911 to write workers’ compensation protection in Iowa. Today, EMC provides property and casualty insurance products and services throughout the United States and writes reinsurance contracts worldwide. Operating under the trade name EMC Insurance Companies, Employers Mutual Casualty Company and one or more of its affiliated companies is licensed in all 50 states and the District of Columbia. For more information, visit [www.emcins.com](http://www.emcins.com) and [www.CountonEMC.com](http://www.CountonEMC.com).

#### **About American Heart Association**

The American Heart Association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke. Founded in 1924, the organization now includes more than 22.5 million volunteers and supporters. The American Heart Association funds innovative research, fights for stronger public health policies, and provides critical tools and information to save and improve lives.

###