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## **Consigli Construction Co. wins “Healthiest Company in America” award for 2016 from Interactive Health**

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Milford, MA Interactive Health awarded Consigli Construction Co., Inc. with the “Healthiest Company in America” award for 2016. Consigli is recognized for creating an environment where employees help each other to make significant changes to improve their health. This is the third year in a row that Consigli has won the national award.

When compared to companies across the country, more than 70% of Consigli employees participated in flexible wellness initiatives produced by Interactive Health, achieving a low-risk health score for the company’s total population based on rigorous health evaluations. More than 3,100 companies were considered for the award with only the top 5% receiving recognition.

“We’re excited to receive this award because we focus every day on creating a team environment where employees support each other to live productive and healthy lives,” said Matthew Consigli, president. “Everyone at Consigli understands the importance of a healthy work place and this award is a recognition of our employees’ hard work and dedication to being one of the healthiest companies in America and we couldn’t be prouder of their success and admirable teamwork.”

Participants in Interactive Health’s wellness program receive a thorough health evaluation to identify risk and learn about their health status.

Through a combination of rapid outreach, connection to personal physicians and tailored resources, a personalized course of action is delivered to the participant resulting in improved or maintained health.

In 2016, more than 300 Consigli employees and their spouses participated in the program, with about 94% of participants in the moderate to low risk category. Employees also participated in four online challenges offered by Interactive Health including a step challenge and a fruit and veggie tracking challenge. Consigli maintains a healthy culture providing fresh fruit and cereal as well as a LeanBox kiosk to its employees. The company’s headquarters in Milford neighbors an active bike and walking trail as well as a full gym that offers a free corporate membership. The company also offers a \$300 yearly reimbursement for memberships to other gyms.

“This is the 10th year we’re honoring the Healthiest Companies in America and it continues to inspire us how successful the winning companies are in building and sustaining employee engagement and inspiring positive health outcomes,” said Interactive Health president and CEO

Cathy Kenworthy. "It is possible to improve health through the right workplace initiatives, and it is smart business. In addition to this year's 156 winners, there are dozens more that are extremely close to obtaining the designation, or have met the criteria in the past, set an even higher bar for their program, and will meet that bar again in the future. We looking forward to inviting more companies into the winner's circle next year as our technology and service enhancements make it even more possible for organizations to improve employee health."

Consigli Construction is a leading construction manager and general contractor with offices in Boston and Milford, Mass., Washington, D.C., Portland, Maine, Hartford, Conn., and New York State. Their extensive portfolio features a diverse range of projects of various scale and serving a wide range of clients in the life sciences, historical, academics, residential, corporate, healthcare and cultural industries throughout the Northeast and Mid-Atlantic regions. A fourth-generation family-owned business, Consigli is recognized by the Boston Business Journal as the second-largest construction company in Mass. and by Engineering News-Record as one of the 100-largest in the country. It has received numerous awards and recognition for its work and employment practices company wide.

Interactive Health, the country's leading provider of health management solutions, creates innovative wellness programs designed to increase overall company health and actively engage employees to make lasting behavior changes. For every company's perspective on health management, early stage or mature, Interactive Health has a highly flexible program to meet its needs. By offering health evaluations that detect risk proactively, Interactive Health has the capability to immediately intervene and engage at-risk participants with a personalized course of action. Using ActiveEngine, a proprietary algorithmic-based clinical intelligence engine, a unique achievable goal is assigned to each participant based on individual results and health improvements are measured. Interactive Health has a 25-year track record of creating the Healthiest Companies in America.