



For Immediate Release

April 6, 2016

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Stepping Out for Wellness, HealthSmart Style

April 6, 2016 is National Walking Day

(Irving, Texas) April 6, 2016—To celebrate and promote the American Heart Association’s National Walking Day, hundreds of employees at HealthSmart Benefit Solutions across the country came together to advocate the health benefits of a simple but very effective exercise: walking. Wearing matching t-shirts and enjoying the camaraderie as well as the walking, HealthSmart team members encouraged each other and also hope to motivate the communities in which they live to walk more.

Physical inactivity is a huge national problem. About 70% of Americans struggle with maintaining a healthy weight and don’t get enough physical activity. The American Heart Association recommends at least 150 minutes of physical activity per week for adults and 60 minutes per day for children and adolescents.

Even though HealthSmart is an insurance company with a dynamic wellness program, many employees don’t always meet the minimum recommended amounts for physical activity. And it means they, along with so many others, are at greater risk for heart disease, stroke and other chronic diseases. But they’ve decided not to take it sitting down, beginning by participating in National Walking Day and pledging to live healthier lives.

Learn more about walking your way to a healthier life [here](#).

About HealthSmart

For more than 40 years, HealthSmart has offered a wide array of customizable and scalable health plan solutions for self-funded employers. HealthSmart’s comprehensive service suite addresses individual health from all angles. This includes claims and benefits administration, provider networks, pharmacy benefit management services, business intelligence, onsite employer clinics, care management, a variety of health and wellness initiatives and web-based reporting. The Company’s headquarters is in Irving, Texas, with regional hubs throughout the country. HealthSmart’s mission is to improve member health and reduce healthcare costs.

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