



HEALTH CARE COALITION  
OF LAFAYETTE COUNTY

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## **FOR IMMEDIATE RELEASE**

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### **HCC to Launch Interactive Workplace Wellness Web Site**

The Health Care Coalition of Lafayette County (HCC) is launching a workplace wellness web site aimed at equipping both employers and employees with tools and strategies for maintaining healthier lifestyles.

Among many interactive features, the web site will offer a series of health and wellness assessment calculators that gage everything from caloric intake, body mass index (BMI), target heart rate, as well other health related components.

End-users will have a private, secure log-in where they can store information respective to their activities, and employers will have access to cumulative reports that summarize hours participating staff have collectively dedicated to physical activity.

Healthy living tips and articles will also be available for download. Additionally, a provider locator will enable end-users to easily find health care providers and specialists in the area.

“One of the goals of HCC is to promote healthy lifestyles throughout the County,” said Toniann Richard, HCC’s executive director. “It’s no secret that as we become more physically active and conscious about what we eat, we are better able to combat obesity, hypertension, Type 2 diabetes and other chronic diseases that compromise our health and increase health insurance costs.”

A beta version of the site is slated for May 2009. For more information on how to participate, contact Toniann Richard at 660.259.9019 or visit *HCCNetwork.org*.

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**Advocating for the health and well-being of Lafayette County residents.**