



DIXON HUGHES GOODMAN LLP

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For Immediate Release

Dixon Hughes Goodman Named In The Top 10 for Greater Washington's Healthiest Employer 2014

Rockville, Md., October 15, 2014 – Dixon Hughes Goodman was announced as one of Greater Washington's Healthiest Employers on August 8 by the *Washington Business Journal*. At the awards luncheon on September 18, Dixon Hughes Goodman was named one of the top 10 Healthiest Employers in Washington, DC for a company of our size.

To be considered for this award, each applicant completed a 75-question application and submitted an essay detailing its company wellness strategy, which was reviewed by Indiana-based Healthiest Employers LLC. Companies were scored in six categories: leadership commitment, communication and markets, foundational components, programming and interventions, strategic planning, and reporting and analysis. Metro DC's Regional Managing Partner Brian Carlton states, "It is an honor to be one of the top 10 Greater Washington's Healthiest Employers. We will continue to support a healthy environment for our people by staying innovative."

The Dixon Hughes Goodman Wellness Formula is simple: community + family + mental + physical = wellness. This formula is broken down below, highlighting why Dixon Hughes Goodman is a healthiest employer.

Community: The entire firm participates in Count the Cans, a food drive that contributes 559,973 pounds of food to local food banks nationwide, enough to feed 1,778 people a year, or 444 families of four. Our summer interns participate heavily in Count the Cans, exhibiting the importance of coming together to help our external community. Also, our internal community has raised over \$66,070 for March for Babies, helping to fund the birth of 33 health babies, along with participating in various other fundraising programs. For example, DHG matches funds paid to a number of universities to support accounting programs. Finally, the DHG Foundation supports families within our firm that have been struck by tragedy, or where other support is needed.

Family: DHG offers child and elder care backup – temporary solutions provided through care centers and in-home care providers to both children and adults. If an employee has meetings and their regular babysitter cancels, they can use our service, offered through Bright Horizons, to ensure that their loved ones are cared for and safe.

Total workloads in the past few years have risen and remain high for married parents, especially dual-earner couples, and for single mothers. Our flexible work schedule option allows for employees to never miss their child's soccer game or graduation.

Mental: The average cost of an individual or couples therapy session is \$115 - \$150. DHG offers a 24/7 hotline that links our employees to licensed professionals without the stress of worrying about payment. These hotlines are confidential and private, allowing employees to discuss a range of issues from work/life balance to problems at home and everything in between.

In ensuring our employee's mental wellness with regards to finances, we offer DHG wealth advisors to assist employees with financial planning and investing, giving them peace of mind.

We want everyone to feel welcome when you join our DHG family – and that is why we host many group and firm-wide happy hours, end of busy season events, and holiday parties.

Physical: The average yearly cost of a gym membership is \$660. At DHG, we offer a gym membership reimbursement plan in which the firm will reimburse each employee on a sliding scale up to 100% based upon gym frequency. In addition, we have partnered with local gyms to offer gym membership discounts as well as hosting weekly in-office yoga sessions. DHG eases the mental burden of not being able to afford the cost of staying healthy.

Our Commit to Fit Program offers healthy snack challenges as well as healthy recipes and snack choices. In addition, we offer nutritional meals and healthy snacks frequently to our employees for our Healthy Snack Mondays. Another part of our Commit to Fit Program is our convenient medical services, which offer employees the opportunity to participate in confidential biometric screenings and flu shot clinics that are held in the office or at a facility of their choice.

About Dixon Hughes Goodman

With more than 1,800 people in 12 states, Dixon Hughes Goodman ranks among the nation's top 20 public accounting firms. Offering comprehensive assurance, tax and advisory services, the firm focuses on major industry lines and serves clients in all 50 states as well as internationally. Visit www.dhglp.com for additional information.

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