



# Kristina Ewing

**Wellness & Benefits Manager  
Andersen Construction Company**



# Andersen Construction Company



Founded in 1950, 700 employees



Top 10 Commercial Construction GC's in PNW



Leading U.S. Green Contractor



Largest Family-Owned Construction company on West Coast



2022 volume approx. \$1B



Wellness program started in 2018



# Building Wellness



New Program, New Role

No Time

Normalizing Health



# Employer of Choice

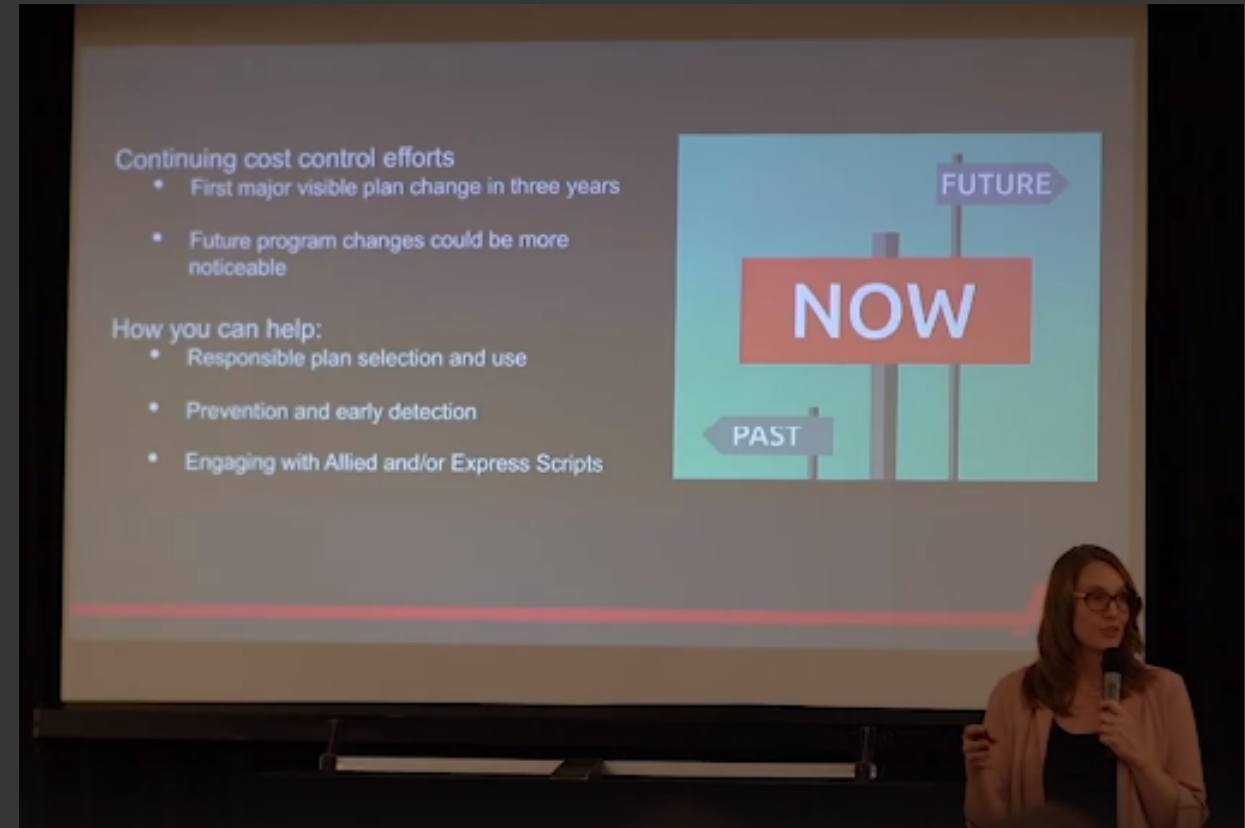
## Barrier:

New Program, New Role

## Breakthrough:

Addressed service gap for employee benefits

- Regional benefit education events
- Spouses encouraged to attend



# Employer of Choice

**Barrier:**  
No Time

**Breakthrough:**  
Onsite Wellness Events

- Slow build
- Bribery!
- Local providers and SMEs
- New ideas



# Employer of Choice

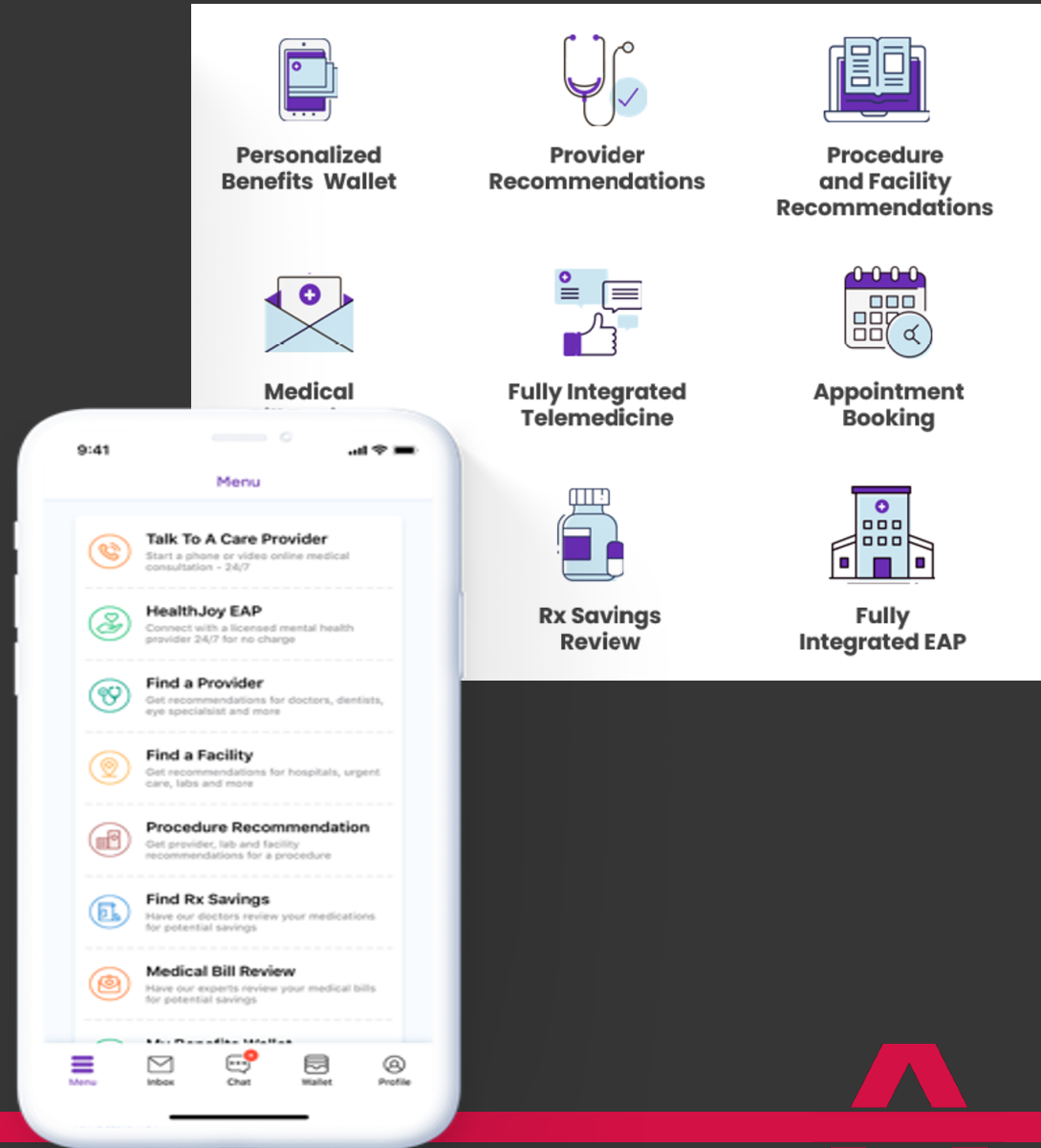
**Barrier:**

Normalizing Health

**Breakthrough:**

Work in Progress

- Fitness rewards
- Onsite clinics
- Convenient care and consumerism
- Industry-wide education efforts\*\*



# Under Construction



American Heart Association®  
Hard Hats with Heart™

**BREAKING THE  
SILENCE**

