



The Schwan Food Company named 2012 Health at WorkSM Award Winner

MARSHALL, MINN. – Aug. 9, 2012 – The Schwan Food Company has been announced a Silver winner of the eighth-annual Health at Work Awards sponsored by ComPsych, honoring organizations who promote employee health and wellness. Winners were selected based on their wellness program's comprehensiveness, delivery, promotion, participation rates and results achieved.



ComPsych Corporation is the world's largest provider of employee assistance programs and is the pioneer and leading provider of fully integrated EAP, behavioral health, wellness, work-life, HR and FMLA administration services under the GuidanceResources brand.

"We applaud The Schwan Food Company for promoting health and wellness and improving the lives of employees," said Dr. Richard A. Chaifetz, chairman and CEO of ComPsych.

The Health at Work Awards are sponsored by ComPsych and its HealthyGuidance[®] program. HealthyGuidance is a comprehensive and consultative wellness program that addresses the full continuum of employee issues and targets behavioral and lifestyle issues before they become significant illnesses. Drawing upon ComPsych's more than 25 years of behavioral health expertise, HealthyGuidance uses a high-touch approach that empowers employees to make healthy changes through health risk assessments, biometric on-site testing, tobacco cessation, lifestyle coaching and weight management programs as well as incentive administration.

About The Schwan Food Company

THE SCHWAN FOOD COMPANY is a privately held, multibillion-dollar business that manufactures and markets fine frozen foods through home-delivery, retail-grocery and food-service channels. Its many popular brands include Red Baron[®], Tony's[®], and Freschetta[®] pizza, Mrs. Smith's[®] and Edwards[®] desserts and Schwan's[®] fine frozen foods. Based in Minnesota for 60 years, the company's subsidiaries employ about 16,000 people in the United States. To learn more about Schwan, visit us at www.theschwanfoodcompany.com on the World Wide Web.

About ComPsych

ComPsych[®] Corporation is the world's largest provider of employee assistance programs (EAP) and is the pioneer and worldwide leader of fully integrated EAP, behavioral health, wellness, work-life, HR and FMLA administration services under the GuidanceResources[®] brand. ComPsych provides services to more than 17,000 organizations covering more than 45 million individuals throughout the U.S. and over 100 countries. By creating "Build-to-Suit" programs, ComPsych helps employers attract and retain employees, increase employee productivity and improve overall health and well-being. Follow us on Twitter: <http://twitter.com/ComPsych>.

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