

SPECIAL REPORT



MEET HOUSTON'S HEALTHIEST EMPLOYERS: TOP SMALL COMPANY

BY JOE MARTIN
Special to the Houston Business Journal

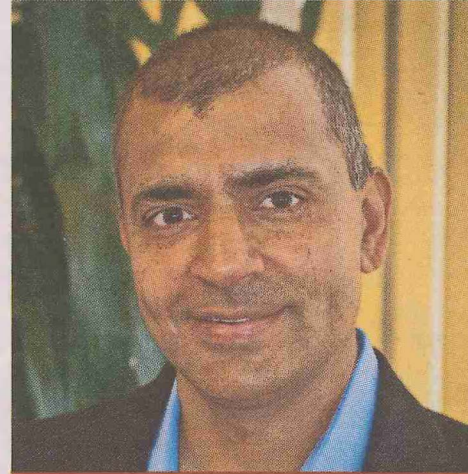
Sense Corp. has the numbers to demonstrate the success of its health and wellness programs. Ninety percent of its staff has participated in its wellness program in the past six years, and 40 percent of its employees' BMIs are in the normal range, compared to the national average of 30 percent.

While the company can point to the overall benefits its programs have had on its staff, St. Louis-based Sense Corp. points to the individual accomplishments that show how successful its wellness efforts are.

For example, one Sense employee had struggled with weight problems his entire life. But one day, inspired by the company's program and with the support of his team members and family, this employee decided to change his lifestyle. Diet, exercise and hard work paid off. Today, this employee has dropped nearly 100 pounds.

Another example is a group of employees who created a weekly CrossFit bootcamp. Every Friday, they get together for an intense workout to celebrate the end of a hard week – and to get a good start to the weekend.

And finally, there's the employee who



Pratish Kanani is COO of Missouri-based Sense Corp.

has been dedicated to the fight against diabetes his whole life. When the annual Juvenile Diabetes Research Foundation walk came about, he found himself standing side-by-side with his employees, who joined him in his effort.

All three of these examples show that Sense Corp. not only wants its employees to be healthy, but that it creates a company culture that thrives on a healthy workplace. That mindset extends all the way to

the C-suite, as well. New employees are personally walked through the wellness program by Sense Corp.'s CFO, who also has participated in the annual MS-150 bike ride alongside Sense Corp.'s CEO, as well.

Throughout the halls of Sense Corp., staff participate in programs that range from wellness challenges to running a 5k, as well as regular learning sessions for training and more. And to incentivize these efforts, Sense Corp. offers its employees activity trackers, cash, workout gear and other swag to keep staff motivated.

Beyond physical health, Sense Corp. employees are also taught mental and personal health techniques, such as feng shui, recipe development, exercise techniques and more.

Today, Sense Corp. has reaped the benefits of its health and wellness programs. In addition to a less-than-10 percent turnover, it has also seen its health care premiums remain nearly flat for more than five years, demonstrating that a sound body does not just equal a sound mind, but potentially, a sound checkbook.

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Sense Corp.

Rank: No. 1, small companies list
Score: 297
Industry: Consulting, advising
Headquarters: St. Louis, Missouri
Number of employees: 199
Number of employees in Houston: 28
Top-ranking Houston exec name and title: Pratish Kanani, COO

T H E L I S T

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HEALTHIEST HOUSTON-AREA EMPLOYERS: SMALL

RANKED BY TOTAL SCORE FOR COMPANIES WITH 2 TO 499 EMPLOYEES

Company name	Location Contact info	Total Score	Healthiest Employer Index	Total Employment	Local Employment	Wellness Team Leader	Headquarters
1 Sense Corp. sensecorp.com	1700 Post Oak Blvd. Houston, TX 77056 713-830-2266	297	0.82	199	28	Jenni Chafin jchafin@sensecorp.com	St. Louis, MO
2 MetroNational Corp. metronational.com	945 Bunker Hill Rd. Houston, TX 77024 713-973-6400	275	0.76	103	94	Jason Johnson jason.johnson@metronational.com La Nita Jackson lanita.jackson@metronational.com	Houston
3 Renew International renew.net	9 Greenway Plz Ste 1950 Houston, TX 77046-0951 2812764514	216.75	0.6	67	55	Karina Tran ktran@renew.net	Houston
4 Global Healing Center LP globalhealingcenter.com	2040 N Loop W. #234 Houston, TX 77018 713-476-0016	214.75	0.6	76	50	Allan Williams allan@globalhealingcenter.com	Houston
5 G&A Partners gnapartners.com	17220 Katy Fwy. #350 Houston, TX 77094 713-784-1181	192	0.53	250	144	Xenia Rivera xriviera@gnapartners.com	Houston
6 Eagle's Trace ericksonliving.com	14703 Eagle Vista Dr. Houston, TX 77077 281-496-7676	187.75	0.52	203	203	Vickie Antoine vickie.antoine@erickson.com	Baltimore, MD

CLOSER LOOK

ABOUT THE LIST
The rankings and scores of HBJ's Healthiest Employers were established by a third-party surveying partner, Healthiest Employers LLC.

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N/A = information not available