



## *News Release*

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**FOR IMMEDIATE RELEASE**

**ON-SITE HEALTH CENTER AT R.H. SHEPPARD MARKS  
FIRST ANNIVERSARY OF CARING FOR EMPLOYEES AND FAMILIES**

*Clinic at Hanover Plant Is Helping to Improve Health Outcomes of Company's Team Members and Families Through Convenient Preventive, Primary, and Acute Care Services*

**HANOVER, Pa. – Nov. 15, 2023** – Health screenings? Check. Treatment for an illness or chronic condition? Check. Lab services? Check. Wellness coaching? Check. Employees at R.H. Sheppard Co., Inc. (Sheppard), headquartered in Hanover, Pennsylvania, can take advantage of all those healthcare-related activities – without ever leaving the property. The Hanover Health Center, located in the company's multi-plant manufacturing complex, offers convenient care to team members and their families.

This month, Sheppard celebrates the first anniversary of the center, which is helping employees and family members change their lives for the better.

“In the span of only a year, the clinic has established itself as a vitally important part of the Sheppard workplace,” said Imran Malik, plant manager. “It provides expert care with an emphasis on wellness and proactive healthcare management. Our team members and their families find the center – with its convenience and personalized attention – to be another valued benefit of their work experience at Sheppard.”

Employees can visit the center – open five days a week – during, before, or after their shift. The center offers pre-employment health screenings for new hires as well, introducing people to its services before they've started their job at Sheppard.

Sheppard manufactures steering systems for the global commercial vehicle and transportation industries. A fixture in Hanover since its 1937 founding, the company is a wholly owned subsidiary of Bendix Commercial Vehicle Systems LLC (Bendix), based in Avon, Ohio.

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The Hanover Health Center, operated through a partnership with Marathon Health LLC, reflects Bendix's long-standing commitment to the health and wellness of its employees and their families. A nurse practitioner and medical assistant staff the center, where employees and family members receive preventive, primary, and acute care services, follow-up care, and referral management. Other services include health assessments, health coaching, medication dispensing and support, administration of lab tests, management of chronic conditions, and educational offerings. On-site clinicians can either serve as employees' primary care physicians or coordinate with employees' current doctors.

"It's been a busy, successful first year for the Hanover Health Center," said Gwen Scott, Bendix's director, wellness and benefits. "Employees and their families are actively embracing the culture of health and wellness, where we highlight the importance of proactively managing healthcare as part of our Bendix Be Healthy mission. Our goal is to help everyone live their best lives at work, at home, and into retirement. Most importantly, for our workers and their families, we try to do everything we can to help make the healthy choice the easy and convenient choice."

### **Growing Numbers**

According to data compiled by Marathon Health, team members in growing numbers are engaging the center at Sheppard. Through October 2023, 46% of benefit-eligible employees and family members had visited the center. Total appointments for those employees and family members numbered 948. Employees gave the center a 98% patient satisfaction score.

"With our emphasis on managing healthcare proactively, we're particularly inspired by employee participation in the center's wellness offerings, including flu shot clinics, blood draw events, and blood pressure clinics," said Trang Rioux, benefits and wellness specialist at Sheppard. "Team members are benefiting from our monthly educational programs, such as skin cancer prevention, and participating in our health coaching, from nutrition and physical activity to tobacco cessation and stress management. Employees and family members are also getting help from the center to monitor more chronic conditions and make healthier lifestyle choices."

Sheppard employees are grateful for the on-site resource, where Tina Grube, family nurse practitioner, and Liberty O'Donnell, medical assistant, welcome them.

"They're very friendly people who provide an understanding, common-sense kind of healthcare," said Robert Hammond, engineer. "It's incredibly convenient to see them with relatively minor questions that you may not want to go through the hassle of seeing a more traditional provider. It's a great high-level check as far as making sure there's nothing I really should be concerned about."

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Franklyn Harrison, ball drop operator, hadn't been to a doctor in about eight years when he visited the center in February. He received a complete physical, including bloodwork. "If Sheppard didn't have that clinic, I wouldn't have gotten anything like that done," he said. "Without the clinic, I still wouldn't be getting my medical care. It's just something I kept putting off. Now it's so convenient. Tina addresses and takes care of any problems I have. It's been a major, major blessing to go over to the clinic."

Grube also helped Harrison address pain he suffered in both hands for 10 years, which turned out to be carpal tunnel syndrome. She connected him with a Hanover surgeon who operated on him in May. "It's like I've got a new set of hands now," Harrison said.

### **Culture of Health and Wellness**

Before launching the Hanover Health Center at Sheppard last November 30, Bendix had opened Marathon Health-operated clinics in three other North American locations: the Huntington, Indiana, facility in 2013; the Bowling Green, Kentucky, manufacturing campus in 2020; and the Avon headquarters in 2021.

"Bendix is unparalleled in their openness to partner and engage in wellness opportunities, which has led to large percentages of their employees making progress on their health goals, exceptionally high member satisfaction, and reduction in healthcare spend across the company," said Jeff Wells, MD, Marathon Health's CEO.

The actions are all part of the company's goal of creating a healthier working environment, decreasing absenteeism, and improving employee productivity and health both in and out of the workplace.

Bendix facilities across North America offer employee exercise options – including on-site fitness centers or, as at Sheppard, discounted memberships at local gyms – along with a shared commitment to provide healthy catering and healthy vending machine offerings.

The culture of health and wellness at Sheppard extends to community health runs such as the Snack Town Runfest, which took place October 7 in Hanover. Sheppard was a gold sponsor of the event and fielded a team that competed in the 5K Corporate Challenge.

### **About R.H. Sheppard Co., Inc.**

Founded in 1937, R.H. Sheppard Co., Inc. has a rich history in innovative design and American manufacturing excellence. Headquartered in Hanover, Pennsylvania, our dedicated workforce of nearly 700 employees supplies components for the trucking and transportation industry worldwide. We are a wholly owned subsidiary of Bendix Commercial Vehicle Systems LLC and a proud member of Munich, Germany-based Knorr-Bremse. Sheppard operates a multi-plant manufacturing campus in Hanover, Pennsylvania; a manufacturing plant in Wytheville, Virginia; and an Engineering Tech Center in Shelby Township, Michigan. Contact us at 717-637-3751 or visit [rhsheppard.com](http://rhsheppard.com). Log on and

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