



To: Des Moines Business Record 40 Under 40 Selection Committee

Thank you for the opportunity to share my experience with Susan Metheny for the Des Moines Business Record's 40 Under 40 class of 2019.

I have worked as a consultant to support Des Moines Area Community College (DMACC) with their health and wellness initiatives for almost nine years. I have had many contacts at the college who were wonderful but it takes a special person to see the big picture related to wellness initiatives, to find ways to motivate co-workers and also deliver results. Susan Metheny has been that contact for me. I had worked closely with Susan in this capacity for more than two years. When thinking about my experience with Susan and why she is a great candidate for selection, the following things come to mind:

- Susan's enthusiasm for her company, co-workers and community is apparent in all that she does. She brings new ideas forward based on her experience which have been beneficial in moving wellness forward at DMACC.
- When Susan says she is going to do something, you can be sure she will do it. Even when wellness wasn't her "real" job, she always found time to complete the things that needed to be done.
- Susan cares about people and how they feel. Her co-workers recognize she truly cares about them which encourages individuals to take action.

If I had contacts at all my organizations like Susan, my job would be easy! I can without a doubt say that Susan would be a great addition to your 40 Under 40 class.

Julie Enga, RD, TWCC  
Wellmark Inc.  
Employer Health & Well-being Consultant