

First Horizon National Corp. Receives CEO Cancer Gold Standard Accreditation

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Company Receives Recognition for Commitment to Employees' Health and Wellness

MEMPHIS, Tenn., Feb. 28, 2011 (GLOBE NEWSWIRE) -- In recognition of the company's commitment to fostering healthy lifestyles and reducing cancer risks for employees, First Horizon National Corp. (NYSE:FHN), parent company of First Tennessee Bank, has received the CEO Cancer Gold Standard accreditation.

The CEO Cancer Gold Standard was developed by the CEO Roundtable on Cancer in collaboration with the National Cancer Institute, designated cancer centers and leading health non-profit organizations and professions to help organizations reduce the risk of cancer by focusing on prevention, early detection and quality care.

The Gold Standard calls for companies to evaluate their health benefits and corporate culture and take extensive, concrete actions in five key areas of health and wellness to fight cancer in the workplace. To receive the Gold Standard accreditation, a company must discourage the use of tobacco, encourage physical activity, promote diet and nutrition, sustain a culture that promotes appropriate cancer-screening behaviors and provide access to quality care, including participation in clinical cancer treatments.

"Our employees are our competitive advantage so we invest in programs designed to encourage them and their family members to lead healthy lifestyles, and they've responded enthusiastically," said First Horizon CEO, Bryan Jordan. "We are honored to be recognized for our efforts and proud to join the ranks of the innovative companies setting new standards for workplace wellness initiatives."

Several wellness initiatives recently implemented at First Horizon helped the company earn the Gold Standard recognition. In July, First Horizon established a tobacco-free workplace policy. The company does not require that employees stop smoking or using tobacco, but the use of tobacco products is prohibited on First Horizon property.

To help employees attempting to quit, First Horizon provides full coverage for eligible over-the-counter and prescription nicotine replacement therapy products. All employees have access to coverage for over-the-counter products, and prescription NRT products are available to employees and their dependents who participate in the company's health plan. In addition, through the Tennessee Quit Line employees have access at no cost to a tobacco quit kit and coaching sessions with a "quit coach" to help deal with cravings and other challenges.

Other company wellness initiatives include Weight Watchers at Work and the Virgin HealthMiles program, which provides incentives to employees for being physically active. Other events such as walks, lunch-and-learn sessions and visits from the mobile mammogram unit support the company's commitment to employees' health. The company also made changes to the vending machine selections, adding healthier options labeled as "smart choice made easy."

Bryan Jordan is also a charter member and co-chair of the Tennessee chapter of The American Cancer Society CEOs Against Cancer, which is a separate organization from the CEO Roundtable on Cancer. This program brings together leaders to discuss practical ideas for cancer prevention and wellness, share groundbreaking ideas that have worked for their organizations and offer concrete solutions that reduce costs by improving the health and well-being of employees.

About First Horizon

The 5,400 employees of First Horizon National Corp. (NYSE:FHN) provide financial services through about 180 bank locations in and around Tennessee and 18 FTN Financial Group offices in the U.S. and abroad. First Tennessee has the leading combined market deposit share in the counties where it does business and one of the highest customer retention rates of any bank in the country. FTN Financial is an industry leader in fixed income sales, trading and strategies for institutional clients in the U.S. and abroad. FHN has been recognized as one of the nation's best employers by AARP and Working Mother magazines. More information is available at www.fhnc.com.

About The CEO Roundtable on Cancer

The CEO Roundtable on Cancer was founded in 2001, when former President George H.W. Bush challenged a group of executives to "do something bold and venturesome about cancer within your own corporate families." The CEOs responded by creating and encouraging the widespread adoption of the CEO Cancer Gold Standard, which calls for organizations to evaluate their health benefits and workplace culture and take extensive, concrete actions in five key areas of health and wellness to fight cancer in the workplace. For more information on the CEO Cancer Gold Standard and the web-based accreditation process and support, please visit www.CancerGoldStandard.org.

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