

Live Longer Better



96 pints and counting

Greg Osman, dedicated blood donor, nears a milestone

Greg Osman, Staff Services Claims Operations, has a healthy competitive spirit. You might say it's in his blood.

About 30 years ago, he and his two brothers began a competition to see who could give the most blood. Greg is leading the competition with 96 pints so far and next year he will have 100 pints to his credit.

Greg said he gives blood because "the cookies are good, you get colorful bandages, and it's easy."

He knows giving blood is a good thing to do and it helps people at Highmark and in our communities, but his motivation comes from trying to keep up with and eventually surpass other top donors.

Greg also appreciates how Highmark makes it easy for us to help others by participating with various blood bank efforts.

In the Central and Western regions, the blood banks come to us throughout the year for our convenience.

See the related Community Spirit story about how you can contribute blood to a blood bank through a blood drive or through your local hospital.

For more information contact [Caroline Stoner](#), Occupational Health, (717) 975-3032, or [Kevin Nauer, RN](#), HealthPLACE in Fifth Avenue Place, (412) 544-7392.

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