

**Well Workplace Award
Executive Summary**

**Paul Arpin
Van Lines, Inc.
Bronze Award**

Information in this publication is carefully reviewed for accuracy. Questions, comments, or ideas are welcome. Please direct to Dr. David Hunnicutt, Executive Editor, at the address below.

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**WELLNESS COUNCILS
OF AMERICA**

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General Information
WELL WORKPLACE
Bronze Application

Basic Information

Name of Organization	Paul Arpin Van Lines, Inc.
Address of Organization	
Council Affiliation	Worksite Wellness Council of RI
Contact Person	Ann Goldman
Title	Vice President of Human Resources
Work Telephone	
Fax Number	
E-mail Address	
Alternate Contact	Renee Abrantes
Parent Organization	N/A
Number of Sites Covered by this Application	4
Number of Employees Covered by this Application	225
Nature of Business or Industry	Van Line – Moving & Storage
Name of CEO	David Arpin
Date of Application	March 2004

Organizational and Program Background

TYPE OF ORGANIZATION

Paul Arpin Van Lines, Inc. has been in existence since 1900. From a small family owned and operated business, it has grown into a national company with approximately 225 team members employed in Rhode Island and about the same number at various sites throughout the country.

We are the eighth largest van line in the country, still servicing the customer who is moving his/her worldly possessions, a large corporate account who has multiple moves during the course of a year, military moves, or logistics accounts.

FORMATION OF THE WELLNESS PROGRAM

Since 1997, the company has initiated its wellness program, starting out with seeking out free wellness information, such as “Stop Smoking” and “Weight Management” materials to be distributed as payroll stuffers. This endeavor has been on-going to keep team members informed as to the latest information that may assist them in either dealing with a personal health issue or one which affects a member of their family. We have also kept them informed as to what has been available for classes, seminars or any other health-related offering in the area as we are aware that they exist.

Since 2000, Paul Arpin Van Lines has offered the Good Health Benefit worksite wellness program. Using 2003 as a sample year, some of the programs that were offered follows:

- 10K a day Walking Program
- Stress Management – both Chair Massage and Reflexology
- Health Fair
- Nutrition and Weight Management

VISION/MISSION

Paul Arpin Van Lines, Inc. is dedicated to the purpose of providing its employees with the tools to assist them in becoming more aware of their health and of those around them. Awareness is the first step to leading healthy, productive lives. By offering the programs on a regular basis, employees are more apt to take advantage of what is available at some point in time. This on-going process is beneficial to the individual employee, not only because of the improvement to their overall health but also because it will benefit both the employee and the company by cutting health benefit costs in the future (less usage of health plan).

ADMINISTRATIVE LOCATION

Paul Arpin Van Lines' Human Resources Department has taken on the task of researching, developing, implementing, and carrying out the company's Wellness Program. The Vice President of Human Resources oversees the program. She answers directly to the CEO. Her two Assistants are very active in assisting her with all aspects of the program, whether it be initiating each program, promoting it to team members or in assuring that each program runs smoothly. The VP of Human Resources also handles all benefits, and in doing so, carefully monitors the effectiveness of the wellness programs.

FUNCTIONS OF THE WELLNESS PROGRAM

Employees at Paul Arpin Van Lines are always excited about the wellness programs that are offered at the company. More and more individuals are taking advantage of what is offered. It is one of the no-cost/low-cost benefits that is quite visible to all employees at the corporate headquarters. There are many plusses to individuals and to the company. Besides what has been previously mentioned, the programs are great morale builders,

bringing people together with similar interests that are not work-related. It also shows that the company's management truly cares about the health and well-being of its employees.