

# ABC 1 OF 20 HONORED AS 'HEALTHIEST EMPLOYERS'

## NASHVILLE BUSINESS JOURNAL

Date: Tuesday, December 21, 2010

Twenty companies were honored Friday as Middle Tennessee's Healthiest Employers, based on surveys conducted by Healthiest Employers LLC.

The surveys were scored using a proprietary model that awarded between 0.75 points to 3 points per question, based on the recommendations of academic, medical, wellness and business professionals.

Nashville Business Journal honored the 20 finalists, who had to have an office in Middle Tennessee. The finalists were broken down into five categories, based on size, with one winner named in each category based on overall score.

The companies were judged based on wellness programs for employees. Criteria included cultural commitment, foundational components, strategic planning, programming and intervention, and reporting and analysis.

## ABC Group

Large Company (1,500-4,999)

**FINALIST**

*ABC Group Inc. makes parts and supplies for automobiles, specializing in plastics. The Canadian-based manufacturer has 582 employees at its Gallatin Operations.*



ABC Group employees Janice Fish, Raquel Williams, Marlon McMurry and Debbie Pruitt

### **HOW DID YOU START YOUR WELLNESS**

**PROGRAM?** We started our wellness program as a result of encouragement from our corporate office in Toronto. The first thing we did was develop a mission statement and goals and objectives for our program. We then included the employees at each of our six U.S. locations in an employee survey to determine what their top three health concerns were. Following the survey we put together an action plan to address the concerns. Thus our program was off the ground and running.

**WHAT IS YOUR COMPANY'S BIGGEST HEALTH CHALLENGE?** The biggest challenge we face at ABC Group is educating our employees on the benefits of developing a relationship with a primary care physician and practicing preventative care. Education is a large part of our program.

**WHAT FINANCIAL COMMITMENT HAVE YOU MADE?** We developed a wellness budget for our program to include the cost of health care screenings, monthly wellness newsletters, educational materials and incentives for our employees. We have commitment from the top down.

**DESCRIBE A FEW WELLNESS INITIATIVES:** Peer recognition, pedometers, Wii Fit game system, gift cards.

**HOW DID YOU ENCOURAGE PARTICIPATION?** Frequent communication, incentives, individual recognition.

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**WHAT HAS BEEN YOUR BIGGEST SUCCESS STORY?** The biggest success story we have is in our Biggest Loser contest. The winning team lost a total of 80 pounds during a 12-week period. We also have several employees who have reduced their blood pressure and cholesterol levels as a result of on-site screening and educational materials provided.

**ANY ADDITIONAL COMMENTS:** We are eagerly looking forward to our second year of wellness at ABC. Our program is growing and can be found in all six ABC Group U.S. locations.

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