

MRW launches a health program that looks after the well-being of its staff

- **The “T.Cuida.T” programme aims to safeguard the health of MRW's staff and boost the flexible working policies that the company has already been applying for years, to identify the brand as a company that is not only sustainable and responsible but also healthy.**
- **The company is currently working on three campaigns centred on promoting physical exercise, raising awareness of good eating habits and the evaluation of possible psychosocial risks that can cause stress to staff.**

12 August 2010- MRW has launched a broad and innovative programme of health at work, named by the staff themselves as “T.Cuida.T”, which aims, among other things, to boost the health and well-being of the people as business values and to continue to apply the flexible working policies that have distinguished it as a responsible company for years.

With this objective, this year MRW's staff management has planned a variety of activities on health education and the promotion of healthy habits among its employees. Thus, within the 2010 Programme of T.Cuida.T there are three distinct campaigns: one promoting physical exercise (Vive Activo), another promoting good eating habits (Vive Saludable) and a third campaign to assess psychosocial risk (Vive Bien), that assesses the conditions or work and, above all, of the organisation, that can have a direct or indirect effect on the health of certain people, and results in stress.

MRW's staff management understands that the psychosocial risk assessment is also a chance for the company to systematically understand the staff's perception and allow it to implement organisational improvements to benefit everyone.

The leaders and directors of MRW were the first to set an example, signing up for different physical activities, choosing healthy meals and respecting flexible working.

Remember that MRW has been applying different work-life balance policies for years: intensive working day from 8 a.m. to 4 p.m. for most employees, the possibility to choose their timetable when there is justified cause, part-time employment, the possibility of working from home, flexitime, economic grants for training, extension of the breastfeeding period to 30 minutes more than that established by the law, annual medical examinations, economic grants for staff that adopt a child; childcare vouchers (€105 per month); extension of leave for marriage or civil partnerships; gift basket for the birth of a child, and flexible installations including lunchrooms, free parking, fitness centre, armchairs, solarium, library and leisure-Internet room, among other things. In addition MRW participates in the Optima equal opportunities programme, and has an agreement with Fundosa for contracting and integrating people with disabilities, among other commitments to diversity (also at cultural level with people of other nationalities).

MRW Envelope

MRW was born in 1977 and is the leading company in Spain for express transport of small packages nationally and internationally. More than 13,000 people are linked to the brand, as the group has more than 1,300 franchises and operates in Spain, Portugal, Andorra, Gibraltar and Venezuela. In addition, it delivers an average of 25 million consignments per year and in 2009 its turnover reached 585.8 million Euros. Social Responsibility is one of the mainstays of MRW. Since 1993 it has devoted over 1.5% of its gross annual turnover to social action.

For further information or images:

Laura Cortada

Press Office Manager

Avda. Gran Via 149-151 P.I. Gran Via Sud- 08908 Hospitalet de Llobregat

Tel.: 932 609 800- 607476806 - l.cortada@mrw.es