

Stay healthy at work – thanks to early support

Preventive care management focuses on providing support at an early stage to help you stay healthy over the long term. The support is holistic and encompasses numerous areas of life, from professional challenges to health problems and personal issues.

Preventive care management in brief

SWICA's preventive care management services provide early and effective support. Changes in circumstances, misfortune, personal issues or health problems can rapidly turn your normal life on its head. Those affected often only seek help as a last resort, when they have no more strength left. The earlier that health problems are recognised and addressed and support measures put in place, the greater the chances of restoring your health and personal wellbeing and thus ensuring you remain fit for work.

When is the right time?

Preventive care management is most effective when you are still working, but on the verge of potentially being unable to carry on. Adopting tailored measures at an early stage can stop issues becoming chronic and prevent you from becoming unfit for work. In many cases, even small changes can bring about a marked improvement in your health.

We recommend preventive care management if you find yourself experiencing the following:

- Increased level of absence, working hours deficit, holiday no longer enough to recharge your batteries
- Fluctuations in performance, higher error rates, greater unreliability
- Social withdrawal or increased conflict with colleagues, managers or customers
- Frequent physical symptoms, fatigue, nervousness
- Lack of energy, dwindling motivation, lack of enthusiasm
- Mood changes or swings
- Changes in appearance

The advantages for you

We offer the combined expertise of around 70 care managers throughout Switzerland. We provide local support, helping you maintain or regain your health and find lasting solutions to challenging situations with the aim of reducing or preventing absences over the long term.

Accessing our services

Talk to your manager about SWICA's offering. Your HR professional will be happy to tell you about SWICA's preventive care management services. They will then send us information about your needs.

Contact

As soon as we receive this information from your HR professional, we will contact you by phone. You will be told about support options and the next steps in the process.

After providing your written consent, you will arrange an initial face-to-face meeting with your care manager. At this meeting you will discuss your current situation, agree support measures and arrange follow-up contact. Confidentiality is paramount: no information will be shared with third parties without your consent. Your participation in the preventive care management process is voluntary. The main focus is on your self-empowerment and solution-oriented coordination by your care manager.