

# Supporting healthy human kinetics

With SWICA's preventive healthcare management packages, companies can offer their employees set occupational health management services. The aim of these packages is to improve employees' health and wellbeing, prevent illness, and create an environment that is conducive to good health in the long term.

## What does it involve?

The first step of our comprehensive approach is carrying out a thorough analysis of the current situation and selecting the best possible measures.

Good workplace design and healthy employee working patterns are essential for a company to thrive.

## What happens next?

Depending on the situation, individual consultations can be provided directly to employees at their place of work, or operational recommendations can be offered for improving workloads. Presentations and courses can provide health-based knowledge that is reinforced through practical application in the workplace. Getting line managers involved as multipliers helps to achieve a long-term impact.

