

FOR A DAILY ROUTINE THAT'S FIT AND HEALTHY.

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 Lifestyle package focuses on areas primarily relating to physical health, such as the cardiovascular system, that can be positively influenced by practising a healthy lifestyle (such as getting enough exercise as well as good nutrition and sleep). A health check is carried out in order to offer personalised recommendations to employees at higher risk.

WHAT HAPPENS NEXT?

The focus is now on personalised coaching aimed at influencing lifestyles and, as a result, long-term health. The analysis is also used to pinpoint which health topics can be included in informative and educational presentations. The aim is to be able to offer employees personalised support according to their needs. Finally, another analysis is carried out to measure the impact of the measures.



ANALYSE THE SITUATION

- › Health check-up
- › Health questionnaire

ACHIEVE AN IMPACT

- › Share knowledge
- › coaching
- › Reinforcement

MEASURE RESULTS

- › Health check-up
- › Health questionnaire

THERE FOR YOU, 24 HOURS A DAY, 365 DAYS A YEAR.

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