

Developing long-term resilience

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 baseline health of individuals and groups is determined using informative employee surveys and a wide range of mental health screening tools. The findings can then be used to offer individual and group measures aimed at boosting wellbeing in the long term.

What happens next?

Depending on the complexity of the issues, santé24's psychologists provide personalised coaching for individuals, or entire organisational units receive targeted courses. These sessions raise and reinforce awareness of mental health issues. Periodic re-evaluations assess the effectiveness of each measure, and any necessary changes are made.

