



HEALTH CHECK-UP

OCCUPATIONAL HEALTH MANAGEMENT FROM SWICA.

BECAUSE HEALTH
IS EVERYTHING

SWICA



Health check-up

Identifying health risks at an early stage

Your employees learn about their current health profile with the aim of raising awareness of potential risk factors and encouraging them to choose a healthy lifestyle – at home and at work. Based on the test results, employees receive information and recommendations in the context of a personal consultation on how to enhance or maintain their health. The focus and scope of the health check-up may vary, depending on the company's needs. Through the subsequent health report (optional) the company is made aware of potential health risks at an early stage and can take appropriate countermeasures/receive appropriate recommendations.

Target group

- All employees
- Main focus: employees with risk factors (over 35 years of age, overweight, etc.)

Goals

- Employees are familiar with their personal health data, which enhances their health awareness
- Employees recognise stress factors and resources and know how to react appropriately
- Optional: Employees receive coaching and are motivated to achieve their health goals over a sustained period
- The company identifies health risks at an early stage and defines countermeasures

Contents

- Blood sample from the finger for cardiovascular and metabolic analyses
- InBody measurement
- Re-test (optional)
- Health report for the company (optional)

Method

- Diagnostics and individual consultation
- Motivational presentation (optional)

Implementation

- Doctor
- Medical practice assistant / registered nurse

No. of attendees

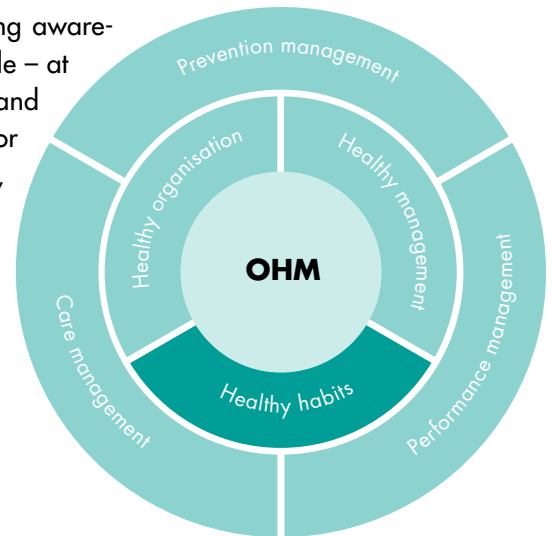
- Between 22 and 39 people per day (depending on motivational presentation)

Duration

- 20 to 30 minutes per person

Location

- On the company's premises or by arrangement



Tip

The "Health check-up" module can be combined with the following SWICA offerings:

- Exercise
- Regeneration
- Nutrition
- Health Day

SWICA Healthcare Organisation

Because health is everything

Phone 0800 80 90 80 (24 hours a day), swica.ch

