



HEALTH DAY

EXPERIENCE HEALTH.

A Health Day is suitable as a kick-off event to introduce health management in the company or as a staff event. The offering can be put together on an individual basis. A Health Day can be combined with various other offerings, from analyses and presentations to workshops and consultations.

Target group

- › All employees

Objectives

Employees

- › are made aware of health as an issue.
- › learn more about health from a range of perspectives.
- › make an objective evaluation and are familiar with their risks.
- › have a one-to-one consultation and an opportunity to talk with experts.

Content

- › In accordance with customer requirements

Method

- › Presentations
- › Workshop
- › Analyses
- › Consultations
- › Other

Carried out by

- › Experts

Number of attendees

- › According to requirements

Duration

- › Varies depending on offering of desired services

Location

- › At the company or as agreed

SWICA's Prevention Management unit aims to reduce absences, increase the potential for better health and improve the wellbeing of employees through health-related measures.

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

Phone 0800 80 90 80 / [swica.ch/prevention-management](https://www.swica.ch/prevention-management)

SWICA