



PERSONAL HEALTH COACHING

PERSONAL, HOLISTIC AND EFFECTIVE.

A healthy lifestyle can prevent or mitigate more than half of all non-infectious illnesses such as cardiovascular disease or diabetes. The Personal Health Coaching module is aimed at employees who are at risk of contracting health problems or already suffer from an illness. They receive personalised, science-based coaching to help them adopt a healthy lifestyle.

Target group

- › All employees

Goals

- › Promoting and maintaining a healthy lifestyle
- › Reducing health risks

Contents

- › The goals of the coaching (exercise, diet and mental health) are defined with the help of a questionnaire

Method

- › Scientifically tested coaching method
- › An app as support (communication with the coach, documentation, exercise suggestions)
- › Regular short messages

Implementation

- › Support from a certified personal health coach (CAS from the University of Basel)
- › Led by SalutaCoach AG

Duration

- › Three months per person

Location

- › By phone or online

SWICA's Prevention Management unit aims to reduce absences, strengthen 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

SWICA