

A man and a woman in business attire are looking at a tablet together. The man, on the left, has a beard and is wearing a dark blue suit with a light blue shirt and a dark tie. He is gesturing with his right hand while holding the tablet. The woman, on the right, has long dark hair and is wearing a light grey blazer over a white top. She is smiling and pointing at the tablet. The background is a blurred office setting with large windows.

Helsana Business Health

# Occupational health management

A supplementary insurance benefit  
for companies

**Helsana**  
Committed to life.

# Invest in your most important assets: your employees

Helsana Business Health (HBH) helps you to optimise structures and processes in the workplace that have an impact on your teams' health. This makes your employees more motivated, effective and resilient, while also reducing absences and staff turnover. And that can only be a good thing for your business and your employees.

## All of the advantages of HBH at a glance:



### Lower direct and indirect costs

Reduce (long-term) absences, loss of productivity and the need for new hires



### A positive image as an employer

High levels of job satisfaction and strong employee engagement thanks to low employee turnover



### Motivated and productive employees

Create the best possible framework conditions and a healthy work environment



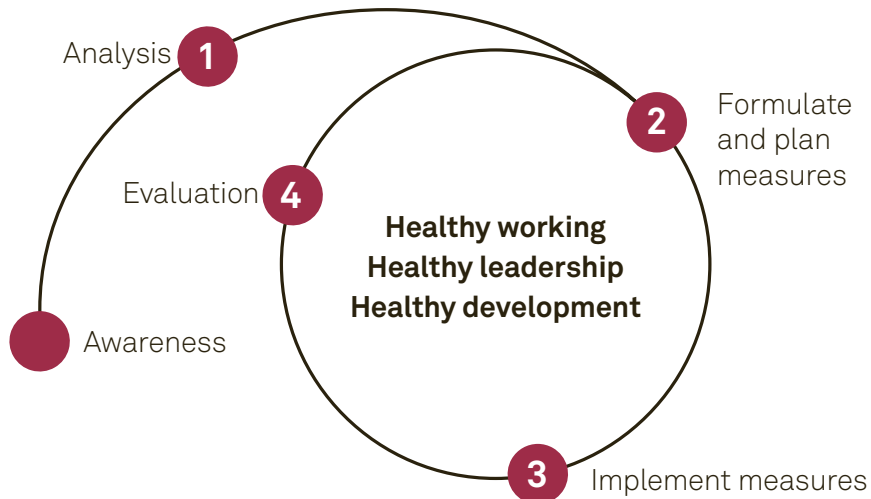
### Resilient employees

Boost your employees' key skills, particularly when it comes to handling stress





## Occupational health management, step by step:



**With tried-and-tested workshops and useful tools, we can help you with four areas of occupational health management:**

### Analysis

What's the specific situation at your company? We will work together to identify areas where effective action can be taken using our analysis tools.

[helsana.ch/analysis](https://helsana.ch/analysis)

### Healthy working

Would you like to support your employees' well-being at work? Your employees will develop long-term measures in our workshops.

[helsana.ch/workinghealthily](https://helsana.ch/workinghealthily)

### Healthy leadership

Would you like your managers to offer the best possible support to employees who are healthy, at risk or ill? Our workshop will help you develop the necessary skills.

[helsana.ch/healthyleadership](https://helsana.ch/healthyleadership)

### Healthy development

Would you like to optimise your structures and processes relating to early detection, absence management or diversity and inclusion? We can support you with our workshops.

[helsana.ch/developinghealthily](https://helsana.ch/developinghealthily)



Book a free, no-obligation consultation now:

[helsana.ch/ohm](https://helsana.ch/ohm)

### We are here to help you.

Helsana Group  
0844 80 81 82  
[helsana.ch/contact](https://helsana.ch/contact)  
[helsana.ch/general-agencies](https://helsana.ch/general-agencies)

### Would you like to know more?

You can find further information at  
[helsana.ch/ohm](https://helsana.ch/ohm)

### Proud to be a top-rated provider.

