

Everyone benefits from healthy employees: your company, your employees and your insurer.

Together, we improve the health of your employees and reduce the risk of chronification in the long term. With our expertise, we help and support you and your employees to ensure they stay healthy or quickly return to full health. You can rely on our extensive range of benefits and offers:



Health promotion

Helsana Business Health supports you in implementing comprehensive occupational health management



Early detection

Our preventive case management offers your employees and management staff quick access to help if they experience psychological or physical problems.



Reintegration

Our case management supports your employees as they return to the workplace.



Case management

We quickly and efficiently process your claims and provide your employees with individual support.

Committed to the health of your company.

Do you have any questions?

We are happy to help. Please use the contact form to tell us about your issue, call us on the phone, or visit us at a Helsana General Agency near you.

0844 80 81 88
helsana.ch/general-agencies

Would you like to know more?

You can find further information at helsana.ch/companies

Helsana Group
P.O. Box
8081 Zurich
helsana.ch

The Helsana Group comprises Helsana Insurance Company Ltd, Helsana Supplementary Insurances Ltd and Helsana Accidents Ltd.

Preventive Case Management (PCM) Provide early support for stressed employees



HEL-01739-en-0321-0002-44437

Helsana
Committed to life.

Work-related stress, personal problems or financial difficulties. Sooner or later, all this has an impact on well-being and health. If it is recognised too late, it can lead to serious illness and incapacity to work.

With preventive case management (PCM) from Helsana, you as the employer can provide early support for your employees.

Detection at the right time – effective support

The support provided as part of preventive case management covers various aspects of life. Professional considerations are taken into account, in addition to health-related aspects and personal and financial circumstances. The prerequisite for preventive case management is that no incapacity to work has yet been medically certified.

Preventive case management is recommended when you notice the following signs or behavioural changes in an employee:

- Increased absenteeism
- Fluctuations in performance
- Social withdrawal
- Noticeably more conflicts with colleagues, supervisors or customers
- Repeated complaints about physical problems, tiredness, nerves
- Change in appearance



Confidentiality is top priority

The responsible case manager is subject to the statutory data protection requirements. No data is discussed with third parties or entered in the insurance file without employee consent.

Preventive case management in practice

1 Notify Helsana of your needs

The responsible HR person in your company explains Helsana's preventive case management service to the employee. They then send the request for support to Helsana.

2 Contact the employee

The responsible Helsana case manager contacts the employee by phone. They provide detailed information on the available support and the next steps. Following the employee's written consent, they make an appointment for an initial personal discussion.

3 Initial personal discussion

The responsible Helsana case manager then has a personal meeting with the employee. They discuss the employee's current life situation, define support measures and arrange follow-up meetings.