

Helsana Business Health
Supplementary service for companies

StayWell

Tool for the early detection
of health risks



Here's how to address health risks early

Work-related stress, problems in your personal life or financial difficulties – these are all factors that may sooner or later affect your well-being and health. With StayWell, an early detection tool based on scientific research, Helsana supports both employees and employers in detecting potential health risks early on.

The earlier health impairments are identified and support measures introduced, the more likely it is that a person's capacity to work and well-being will be maintained and chronification or absences from work prevented.

StayWell offers two separate questionnaires – one for employers and one for employees – that provide support in analysing the current situation, generate an individual report and suggest a series of tailored measures to improve the situation.

StayWell is available to companies that have taken out daily sickness allowance insurance, as part of the supplementary insurance benefit Helsana Business Health. A dedicated health manager provides comprehensive support in sustainably implementing StayWell within the company.

What does StayWell offer?

Early detection and the prevention of chronification

StayWell offers systematic support to employees and their employers in the early detection of health risks and the definition of preventive measures in the event of acute or chronic issues.

Holistic view

A holistic approach is used to assess the factors that promote human health and well-being and those that cause disease, as well as the individual's own mental and physical well-being. Individual disorders can be recognised early.

Target audience and questionnaire variants

The tool can be used by people of all occupations and hierarchical levels. There are also two entirely separate questionnaires: one for employees for self-assessment and one for employers for the assessment of another person. The StayWell questionnaires can also be completed from the privacy of your own home at any time.

Tailored report with visual elements and suggested series of measures

The personalised results of the questionnaire are visualised in a report and presented in relation to a benchmark group. Personalised recommendations are made based on the questionnaire results.

Cost savings for employers

Preventing a health complaint from becoming chronic has a significant impact on reducing the number and length of employees' absences from work and managing health-related costs. Within three years, up to 35% of overall health-related expenses could be cut with the help of StayWell.

Source: Evaluation of the FER pilot project "Gesundheitliche Früherkennung und berufliche Reintegration", Research Report No. 4/13

For more information on StayWell, visit [**stay-well.ch**](https://stay-well.ch)

StayWell in 4 steps

1 Requesting a tool licence

After requesting a licence for the StayWell tool, the employer will be provided with access and login data for StayWell and its two questionnaires.

2 Questionnaire and individual calculation

Employees anonymously complete an online questionnaire without their employer's knowledge, or StayWell is utilised in a transparent manner following a discussion with the employee. The web-based questionnaire takes around 25 minutes to complete, followed immediately by the individual calculation of results.

3 Comprehensive report and measures

StayWell provides a personal, comprehensive report and tailored suggestions for a series of measures. Potential burdens from all the areas of life the questionnaire addresses are clearly highlighted, and tailored measures proposed based on the problems identified.

4 Specialist support

Employees and employers can request specialist support, which is provided by Helsana experts.

The StayWell questionnaires were devised in collaboration with a range of experts, psychologists/psychiatrists and universities on the basis of a Switzerland-wide industry survey, taking into account different sizes of company and various areas of work, and applying a holistic approach to analysing each person.

Helsana has been working intensively on the subject of early detection and the individual and holistic approach since 2014. Based on the data collected to date, six occupational groups were identified – each of which present different resources, deficits, stressors and risk factors. The sound scientific results were presented as an innovation at the 31st International Congress on Occupational Health (ICOH) 2015.

Committed to the health of your company.

Would you like to know more?

For more information on StayWell, visit
stay-well.ch

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Helsana Group

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