

Occupational Health Management

Helsana Business Health supports you to optimise occupational structures and processes that have an impact on health and well-being. This allows you to enhance your employees' health, motivation and performance, while also reducing absences and staff turnover rate. And that is a good thing for your business and your employees.



Committed to healthy companies.

Your personal health manager supports, advises and accompanies you in all matters concerning healthy working, healthy leadership, and the healthy development of your company:





Your benefits as a company

Better working environment, greater motivation and increased job satisfaction among workers

Greater commitment and enhanced productivity

Fewer absences due to illness



Your personal health manager analyses the present situation in your company together with you:

- Our comprehensive occupational health management assessment provides you with an overview of the current situation in your company
- We will examine key indicators, processes and standards relating to absences and early detection
- Our online employee survey aims to reveal health-relevant issues within your company and ascertain the need for action
- You will be able to identify the current age distribution within your company and assess the impact of the demographic shift in the years to come



Your personal health manager works alongside you to define appropriate measures and supports you to implement them:

- We aim to inform and raise awareness of management and employees on the topic work and health
- We provide you with comprehensive support and assistance when drawing up and defining processes for the management of absences and early detection
- We train your workforce in how to manage individual resources and deal with pressure and stress

- Together with your employees, we devise specific courses of action on how to improve health in the workplace
- We train your managers in matters such as healthy leadership, mental health, absence management, appreciation, motivation, as well as on pregnancy and parenting
- We provide you with support in long-term generation management
- Our online tool *StayWell*, which is founded on scientific evidence, allows employees and managers to detect mental and physical problems early on and find appropriate measures to resolve them
- Our online training tool *Leaders Care* provides managers and human resource staff with support in dealing with employees with mental health issues
- The *Sunetplus* software saves you a lot of work when it comes to electronically capturing, managing and evaluating accident and illness reports



Your personal health manager evaluates the project in detail together with you:

- With your help, we evaluate the measures implemented and identify options for optimising and developing them further
- Our sustainability workshops help to establish these measures in your company with the aim of continuously enhancing health in the workplace



Would you like to have a personal consultation?

We would be happy to provide a no-obligation on-site consultation and discuss your company's individual situation with you.



We're there for you.

E-mail: health.management@helsana.ch



Do you want to know more?

Visit our website at www.helsana.ch/health-management