


check-up days



let's change – for good

A woman in a white sweater is measuring a man's blood pressure in an office setting. The man is wearing a light-colored button-down shirt and has his arm resting on a desk. The woman is leaning over him, holding a black blood pressure cuff on his arm. In the background, there is a computer monitor displaying some data. The scene is brightly lit, suggesting an indoor office environment.

Workplace
health promotion
measurable and
sustainable

With the check-up
days by fit im job



let's change – for good

Healthy companies need healthy employees. The check-up days provide the corresponding basis.

check-up days are:

1. Fitness testing
2. Medical risk assessment
3. Personal advice

Advantage 1: Individual risk factors are identified. A personal health profile including consultancy with a physician for each employee.

Advantage 2: No travel expenses and no time loss for you and your employees. fit im job will bring mobile test modules along to your company.

Advantage 3: Maximum results with a minimum expenditure of time. Employees are tested and advised in only 50 minutes. A comprehensive report is available immediately after the check-up day. This data allows for an overview over the company's state of health and further measure planning.

«We were able to determine major risk factors during the check-up days.»



Iris Goertler, medical director, Novartis Pharma AG

Your low to high risk employees. Prevention requires a clear analysis.

Medical check-up

State-of-the-art diagnostics methods are used to elaborate an exact picture of the physical condition of each participant. Highly specific measurements (muscle-fat distribution, blood pressure, stress screen, etc.) are carried out by an experienced and professional check-up team. These measurements shed light on symptoms and risks.

healthReport®

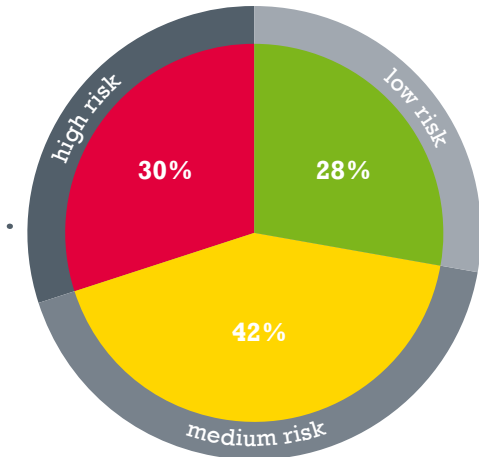
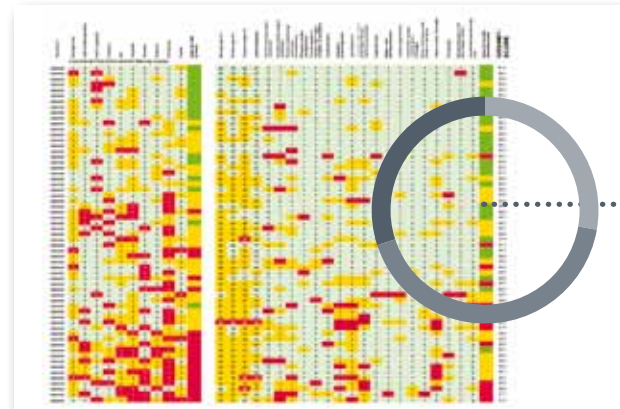
With the help of an online questionnaire, two areas are surveyed:

1. health behaviour (exercise, nutrition, relaxation)
2. subjective state of health (personal wellbeing, physical ailments).

This data together with the results from the medical check-up allow for precise statements about future health risks.

Personal advice

Each participant receives valuable information about his or her test results in a confidential discussion with an expert. Future health risks are identified and the corresponding measures discussed.




Your employees in an overview, divided into risk groups

The personal test results are only accessible by the relevant employee. An anonymous general survey of all participants identifies the division of risk groups and serves to plan your company's workplace health care provision.

Targeted prevention requires a clear analysis. Therefore, employees are anonymously divided into risk groups:

- No or Low Risk**
Employees with no risk factors and no or hardly any physical symptoms
- Medium Risk**
Employees with 1-2 risk factors and/or some/several physical symptoms
- High Risk**
Employees with 3 or more risk factors and several physical symptoms

A photograph of a middle-aged man and a young woman in outdoor attire. The man is on the left, wearing a teal jacket, and the woman is on the right, wearing a white and blue jacket. They are both smiling and holding hands. The background is a blurred green forest.

22% of our employees
had an acute health
hazard.

We were able
to change this
sustainably,
thanks to fit im job



let's change – for good

check-up days



Before you invest –
investigate



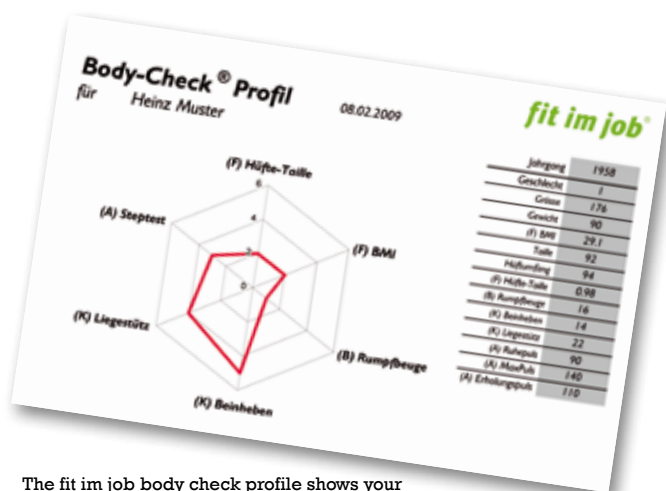
What gets measured,
gets done.



check-up days: body check, cardio-check or both?

Check-up days, the individual, medical check-up for your employees. Depending on the focus of your prevention, fit im job AG offers a body check and/or cardio check. The advantages for your company are:

- Implementation on location in your company.
- Each participant determines by him-/herself when he/she wants to carry out the check-up.
- Only little time expenditure per participant (approx. 50 minutes) up to 48 participants per day.



The fit im job body check profile shows your employees where future health risks can be found.

Body-Check®

The personal fitness profile

Element 1 – Checks on physical fitness

Comprehensive fitness training with 6 test stations

- Body composition, step test, push-ups, sit 'n' reach, hover test (torso strength), waist-hip ratio

Element 2 – healthReport®

Online questionnaire on health behaviour

- Exercise, nutrition and relaxation behaviour and state of health
- Exercise, nutrition and relaxation behaviour and state of health

Element 3 – Assessment and personal advice

Based on the results of elements 1 and 2 a personal consultancy takes place with practical tips on individual health behaviour in daily life.

We carry out check-up days in German, English and French.

Cardio-Check

The individual cardiovascular profile

Element 1 – Checks on health fitness

Medical tests

Body composition, cholesterol and blood sugar values, blood pressure and body fat measurement (infrared method), resting ECG


Element 2 – healthReport®

Online questionnaire on health, exercise and addictive behaviour (nicotine), genetic familial predisposition

Element 3 – Auswertung und persönliche Beratung

Based on the results of elements 1 and 2 a personal consultancy takes place with practical tips on individual health behaviour in daily life.

We can carry out measurements and tests for up to 48 employees per day as the individual elements run parallel.



Productivity loss
through tiredness
or tension?

Sustainable change
of behaviour with
fit im job.



let's change – for good

Strong partners for healthy companies.

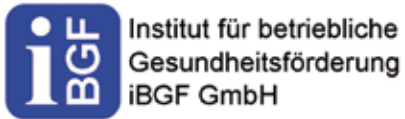


«A check-up is the healthy basis for targeted measures.»

Dr. Hansruedi Egger, medical director of check-up days

Specialised scientific partner

Our scientific partner is the iBGF (Institut für betriebliche Gesundheitsförderung - Institute for workplace health promotion). The institute is specialised in analyses of workplace health factors as well as the evaluation of success following the implementation of specific programmes.



Medical partner

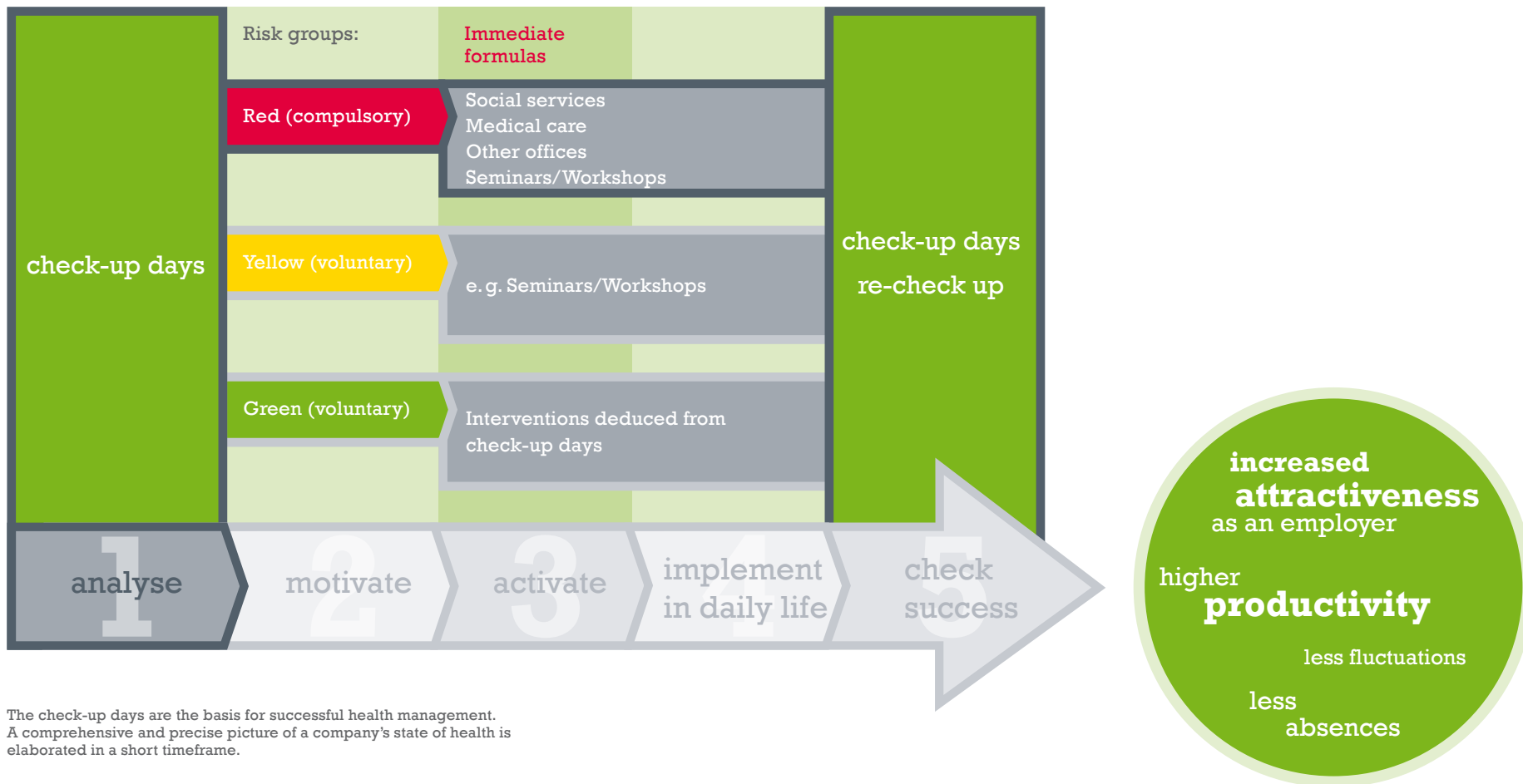
Our medical partner for fit im job's modules is check-up AG, headed by Dr. med. Hansruedi Egger, general internal medicine FMH and sports medicine SGSM. He is the co-founder of today's fit im job AG and is on location on the check-up days.



Further fit im job partners:



More than 20,000 check-ups since 1988. The fit im job system for behavioural changes in your company.



The check-up days are the basis for successful health management. A comprehensive and precise picture of a company's state of health is elaborated in a short timeframe.



«Where should we begin to tackle the problem? fit im job provided us with the answers.»

René Villiger, Human Resources Manager
Microsoft Switzerland

Comprehensive approach – safe investment

In order to implement health promotion sustainably, fit im job offers, apart from the central cornerstones nutrition, exercise and relaxation, complementary solutions regarding mental attitude and ergonomics. However, the comprehensive approach cannot guarantee sustainability as long as the information gained is not implemented in daily life. This is why fit im job not only offers seminars about health at work – before and after are equally important.

Initially, we analyse where the shoe pinches. In doing so, we find out which information is relevant for the employee. Afterwards, we promote the daily implementation through our online programmes to ensure that the invested money does not simply go up in smoke ineffectively.



fit im job[®]

fit im job AG Römerstrasse 176 CH-8404 Winterthur
Tel. +41 (0)52 245 05 55 Fax +41 (0)52 245 05 59 www.fitimjob.ch