

AF3.MS10: Regular health checks

Implementation effort: 

Costs: € € €

Acceptance: 

Description:

Healthy employees show a better performance and have fewer sick-days. To increase the health awareness among employees companies should invite to a yearly health check.

In the course of such a health check the following parameters are tested: weight, body fat values and blood pressure. Further tests may be done in cooperation with the company doctor.



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Tips for implementation:

- Send out information in time
- Ask employees to book in advance
- Establish regular contact with doctors and health services