



# Support prevention

## Measures for increasing productivity

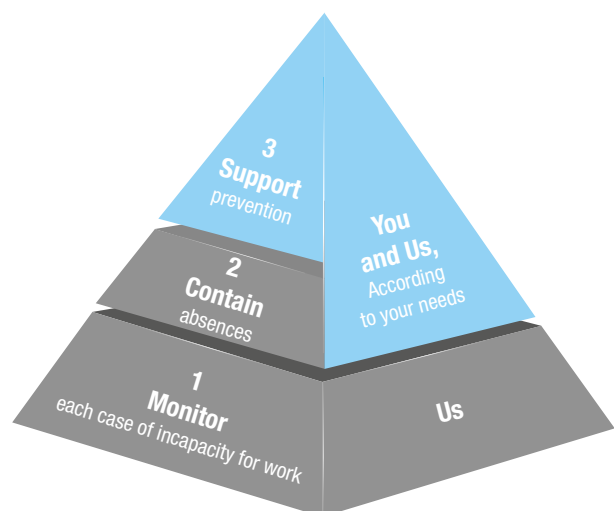
Groupe Mutuel supports you in implementing prevention and health management measures in your company. Limiting risks while enhancing the protection of your staff will allow you to reduce absences and increase productivity.

### Objectives

- Eliminate the risk factors in order to reduce the number of sick leave days.
- Increase your teams' performance by enhancing employees' health capital, resistance and motivation.

### Procedure

- Within a human risk and corporate health management (CHM) approach, we analyse, with you, your company's needs in terms of prevention.
- Based on this assessment, our CorporateCare experts choose, with you, the appropriate measures and the most competent service providers within our extensive network of partners.
- We help you develop an integrated workplace health management approach.



Our experts support you in implementing specific measures and/or managing a global corporate health project, in partnership with a network of specialists.

Measures	Examples
<b>Individual risk management:</b> psycho-social support, medical care, prevention of non-occupational accidents	Policy for the management of addictions in the company, medical check-ups, vaccination campaigns, road safety awareness
<b>Management of occupational risks:</b> emergency situations and traumatic events, physical risks and accidents, psycho-social risks	Evacuation plan, first aid and psychological support, ergonomic workstation assessment, fall prevention, helping you fulfil your obligations in terms of workers' health and safety (MSST directive), dealing with cases of harassment, stress analysis (s-tool), burnout
<b>Promotion of individual health:</b> promoting a healthy lifestyle	Quit smoking courses, support for sport activities, relaxation training, balanced diet
<b>Promotion of individual health at work:</b> development of individual skills to enhance resistance to risk factors	Training employees on carrying heavy loads, time management, managing difficult clients, conflicts, co-dependency and violence in the workplace
<b>Management and work atmosphere:</b> development of management tools and skills for promoting health	Training of managers («Effective presence»), staff assessment, leadership principles
<b>Work organisation</b>	Schedule and work plan management, work involvement, job rotation
<b>HR tools</b>	Recruitment that takes into account the management of factors of risk for health

### Some of our well-known partners in Switzerland

- > CIPRET, (Information Centre for Smoking Prevention)
- > BPA (Swiss Council for Accident Prevention)
- > Vicario consulting
- > Sophrologie Suisse
- > Ligues de la santé (Health Leagues)
- > Addiction Suisse (Swiss institute for the prevention of alcoholism and other forms of addictions)
- > PMSE (workplace health prevention)
- > Fit im job
- > Institut für Arbeitsmedizin IFA
- > Mediactif
- > Noburnout

### Your assets as an employer

- > An extensive range of professionals chosen by Groupe Mutuel
- > Preferential rates for our corporate clients
- > Organisation of health-related events to increase awareness of various issues
- > A proactive, financial and integrated approach of CHM (Corporate Health Management) customised to your corporate culture
- > Long-term control of risks
- > An approach that positions your company as an attractive and modern employer



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