



# Office Health Check

"Status quo" determination of the employees

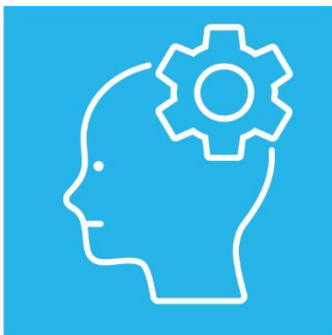
The transformation of the world of work harbours both opportunities and risks. The following risks arise for you, particularly under home office conditions:

- increasing back pain and tension in the shoulder / neck area
- unhealthier diet
- greater susceptibility to infection
- lack of separation between work and professional life
- greater social isolation



KörperManagement®  
Ihr Körper. Ihr Kapital.

Our Office Health Check takes place 1:1 between your employees and one of our health experts. In a meeting, we draw up a personal needs analysis. It includes over 50 health factors on the following topics:



Ergonomics



Movement



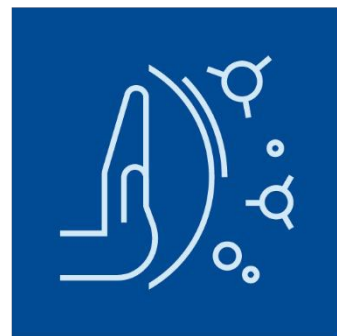
Stress/Resilience



Regeneration



Nutrition



Immune system

Based on the results, we answer individual questions, discuss solutions and develop the basis for a personal health promotion strategy.



KörperManagement®  
Ihr Körper. Ihr Kapital.

If a sufficient number of employees take part in the Office Health Checks, the results can also be used for an evaluation of the company's health and wellbeing:

- company-specific evaluation,
- overview of internal company potential and risks &
- collective action planning

can be used in the context of occupational health management and workplace health promotion.

Location: In the office ; online version available

Time: Approx. 20 - 30 min. per person

Number of participants: approx. 14 per day