



Health care program at Edenred Hungary!

Well-known that in Hungary the dietary habits unhealthy: there is an excessive input from the fat,- salt, unsatisfactory mark the fibre-,vegetable, and fruit consumption. The hungarian adult population considerable part are suffering from overweight. The adult population barely spend more than ten minutes with free-exercise or does not make any of it. The proportion of the smokers are quickly rising, besides the ability of tackling the problems of the everyday life is missing in the case of many people, also the disturbances of the spiritual health spread widely.

We would like to help in the above mentioned three issues for all employees:

- the development of health-conscious on the healthy nutrition, concerned through energy balance
- onto the protection of spiritual health conservation
- the importance of exercise

In September 2009, there was published a complex workplace health development opportunity (TÁMOP), which can be achievable from an EU competition source.

In Hungary the media received this initiation with waiting an interest, because there is no tradition or experience of such a health program from which we could raise.

We won 10 million HUF (apr 35.000EUR), which we can use for realising the above mentioned programme (improving our colleagues' healthier lifestyle).

Do not forget: the workforce whose health condition in a general suitable level, are much more productive and motivated at work.

About the programme: after a complex medical check-up, we made an action plan together with a medical service company: we are inviting a number of expert on a monthly level to give a lecture, we are also providing the opportunity of the unique consultation for our colleagues e.g. invitation of a psychiatrist, highlighting the everyday life stress, how should we avoid and relieve it, the importance of the healthy nutrition, nourishment counsel, common sport etc. We keep an Edenred fruitday once a week regularly in the office.

We are trusting in, that with a healthier approach, we are able to increase together our company efficiency!

