



# Health Zones

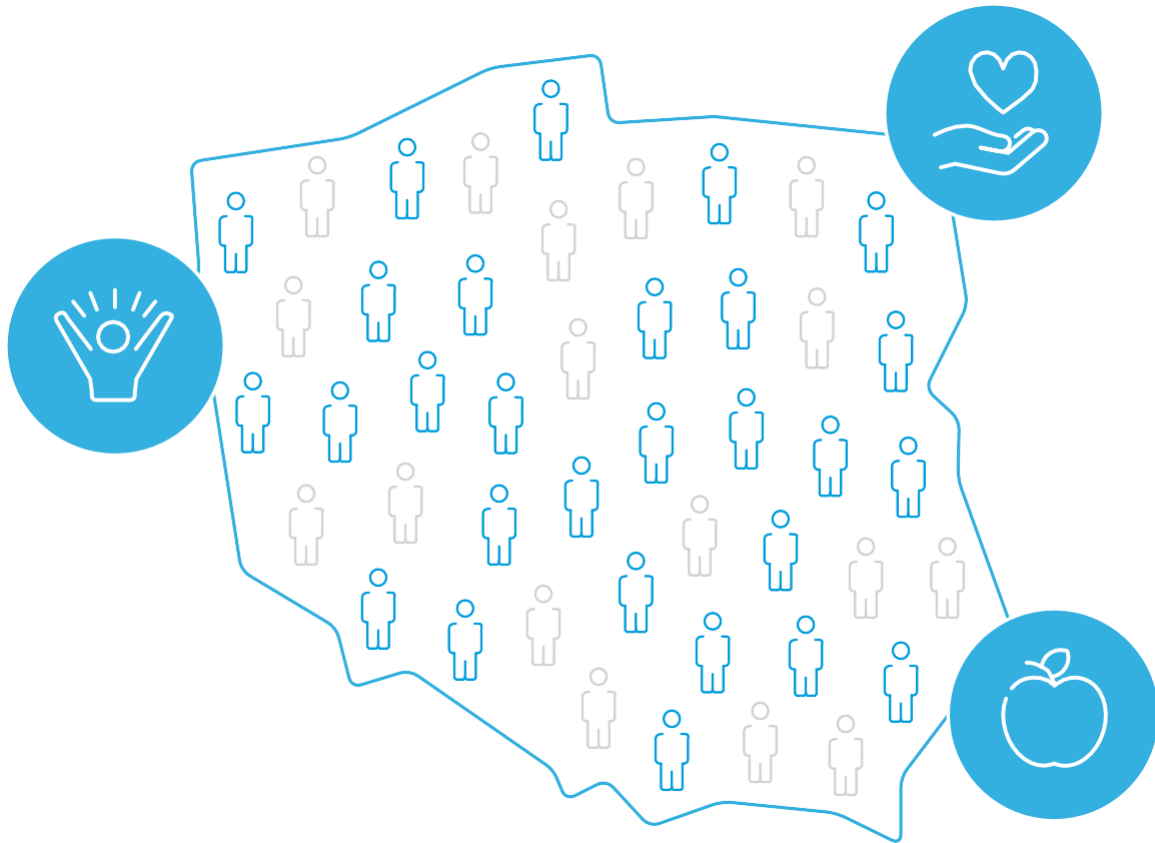
PREVENTION PLANS FOR BUSINESSES



ZDROWIE

# We value **health**

Over 50% of Poles name **health as the most precious value**, and the popularity of a healthy lifestyle has been growing continually.



Private healthcare is **the most attractive benefit at the workplace.**



An extensive healthcare program may help attract **new qualified employees and retain the existing staff.**



# ... however, **do we look after our health?**



## Life on the run

We fail to have breakfast, spend all day under **stress**. During breaks, we **smoke**, snack on **unhealthy foods**, drink **too much coffee**. We consume meals quickly, frequently by our computer.

## Limited budget and time

Healthcare costs are growing and often represent a lion's share of the household budget. It does happen that employees resign from medical services or do not buy medicines due to the shortage of money.

## Ill, but still going to work

When we are ill, our concentration is lower, we infect others and risk development of complications. As a result, absence from work gets longer, not only for us, but our co-workers as well.

Irregular consultations with physicians, no access to medical specialists, incorrect treatment of diseases.

All these factors have a negative impact on employee health. Moreover, it is a significant expense for employers who need to cover the cost of frequent sick leaves.



## **Being ill is not inexpensive.** The costs are borne by both the employee and the employer.

### Costs for Employer

- ⊖ Payroll payments for substitution and overtime
- ⊖ Administrative costs of sick leave
- ⊖ The need to train substitute staff or recruit new employees
- ⊖ Delays in production, order delivery and customer service

### Costs for Employee

- ⊖ Lower remuneration
- ⊖ Lower productivity
- ⊖ Backlog of unperformed duties
- ⊖ Risk of health complications



## How to Look After employee health

- + Suggest additional medical services
- + Provide prevention programs
- + Promote healthy lifestyle in the workplace
- + Educate about health prevention

## You can Rely on Us

We organize campaigns to promote healthy lifestyle among employees



### Assistance in Developing an Action Plan

For many years now, we have collected and analyzed data on Poles' health and their health needs. We will create the best action plan, tailor-made for your employees.



### Medical Assessments at Any Location

To conduct the campaign, all we need is conference or office space, tables and chairs.



### Convenient Times of Medical Assessments

During an eight-hour working day, we can examine from 50 to 500 employees (relative to the option chosen).



### Organization of Bookings

We create a list of consultations and tests so that every employee can take part without the need to leave their workplace.



### Logistical Support

We provide all medical resources and equipment required for the physician consultations and tests.



### Experienced Medical Personnel

We command many years of experience in organizing Health Zones. Our trusted team is responsible for preventive campaigns conducted nationwide.



### Access to a broad range of medical specialists

Cooperating with medical doctors of many specializations, we can provide comprehensive health assessments.



### Promotion of campaign events among employees

We provide posters, leaflets, mailing materials, and website banners.

Have a look at our most frequently organized **Health Zones** and find out what we can offer to your business.



# General Preventative Healthcare

## Do you wish to enhance the health potential of your team?

Increase your company's efficiency and start looking after your employees. The PZU Zdrowie program will assess their health in the workplace.

Scope of the services (8 hours)	Basic Health Assessment	General Preventative Healthcare	General Preventative Healthcare Plus
Consultation with internal medicine physician	+	+	+
Dermatological consultation		+	+
Dermatoscopic examination of skin moles		+	+
Pulmonological consultation			+
Nutritionist consultation		+	+
Body composition analysis		+	+
Consultation with a nurse, including a test of:	+	+	2
blood sugar level	+	+	+
cholesterol level	+	+	+
blood pressure measurement	+	+	+
blood oxygen saturation level	+	+	+
ECG		+	+
spirometry			+
Paramedic with first-aid presentation (2 presentations, 2 hours each)	+	+	+
Dedicated Health Zone Coordinator	+	+	+
Estimated number of patients seen	85	175	220
<b>Price (VAT inclusive) for locations within 200 km away from Warsaw</b>	<b>12 386 zł</b>	<b>19 729 zł</b>	<b>28 125 zł</b>
<b>Price (VAT inclusive) for locations above 200 km away from Warsaw</b>	<b>15 616 zł</b>	<b>24 078 zł</b>	<b>34 985 zł</b>



## Dermatological prevention

### Are you looking after your skin properly?

The skin is a unique protection barrier of our body. When moles, hyperpigmentation or other disconcerting lesions appear, a consultation with a dermatologist and fast diagnosis may help. Beautiful and healthy skin also needs a balanced diet and hydration. A nutritionist can help you check if you look after your skin properly from the inside. Look after the skin of your employees with PZU Zdrowie.

Scope of the services (8 hours)	Dermatological prevention
Dermatological consultation by two physicians	+
Dermatoscopic examination of skin moles	+
Nutritionist consultation	+
Body composition analysis	+
Dedicated Health Zone Coordinator	+
Estimated number of patients seen	135
<b>Price (VAT inclusive) for locations within 200 km away from Warsaw</b>	<b>16 862 zł</b>
<b>Price (VAT inclusive) for locations above 200 km away from Warsaw</b>	<b>20 651 zł</b>



# Nutritional Prevention

## Obesity – the most severe chronic illness.

The World Health Organization (WHO) has recognized obesity as the most severe chronic illness. If left untreated, it leads to the development of cardiovascular diseases, type 2 diabetes, the metabolic syndrome, endocrine disorders, as well as increases the risk of certain cancers. Help your employees in their fight against obesity and organize their nutritional prevention with PZU Zdrowie.

Scope of the services (8 hours)	Nutritional Prevention	Nutritional Prevention Plus
Consultation with two nutritionists	+	+
Body composition analysis	+	+
Workshops with a physiotherapist on fitness improvement (3 sessions, 2 hours each)		+
Consultation with a nurse, including a test of:	+	+
blood sugar level	+	+
cholesterol level	+	+
Dedicated Health Zone Coordinator	+	+
Estimated number of patients seen	90	135
<b>Price (VAT inclusive) for locations within 200 km away from Warsaw</b>	<b>11 858 zł</b>	<b>14 779 zł</b>
<b>Price (VAT inclusive) for locations above 200 km away from Warsaw</b>	<b>15 648 zł</b>	<b>18 569 zł</b>



# Cardiological Prevention

## Cardiovascular diseases are the main cause of deaths in Poland - almost a half of all cases.

Heart diseases are a very serious civilizational problem and this is why promotion of a healthy lifestyle and prevention are so important. Organize health assessments and specialist consultations for your employees to enable early diagnosis of diseases and avoid long-term absences.

Scope of the services (8 hours)	Cardiological Prevention	Cardiological Prevention Plus
Cardiological consultation	+	+
Heart ultrasound examination		+
Consultation with internal medicine physician	+	
Workshops with a physiotherapist on cardiological rehabilitation (3 sessions, 2 hours each)	+	+
Consultation with a nurse, including a test of:	+	+
blood sugar level	+	+
cholesterol level	+	+
blood pressure measurement	+	+
blood oxygen saturation level	+	+
ECG	+	+
Paramedic with first-aid presentation (2 presentations, 2 hours each)	+	+
Dedicated Health Zone Coordinator	+	+
Estimated number of patients seen	175	160
<b>Price (VAT inclusive) for locations within 200 km away from Warsaw</b>	<b>19 684 zł</b>	<b>31 097 zł</b>
<b>Price (VAT inclusive) for locations above 200 km away from Warsaw</b>	<b>24 034 zł</b>	<b>34 887 zł</b>



## Cancer Prevention

Every year, oncologists diagnose cases of cancer in hundreds of thousands of patients in Poland.

**Cancers are the second, following cardiovascular diseases, most common cause of death in the country.**

Organize assessments and specialist consultations for your employees to enable early diagnosis of the disease. This will increase their chances for a quick recovery.

Scope of the services (8 hours)	Cancer Prevention	Cancer Prevention Plus
Ultrasonography assessments:	+	2
Breast ultrasound	+	+
Transabdominal prostate ultrasound	+	+
Abdominal ultrasound	+	+
Thyroid ultrasound	+	+
Practical breasts self-examination presentation by a midwife	+	+
Dedicated Health Zone Coordinator		+
Estimated number of patients seen	80	115
<b>Price (VAT inclusive) for locations within 200 km away from Warsaw</b>	<b>18 217 zł</b>	<b>33 328 zł</b>
<b>Price (VAT inclusive) for locations above 200 km away from Warsaw</b>	<b>19 633 zł</b>	<b>35 303 zł</b>



## Orthopedic Prevention

**Most Poles have experienced muscle pain at work. This is a cause of up to a half of absences lasting more than three days.**

Sedentary lifestyle and lack of physical activity are definitely not supporting spine health, while physical labor creates spine overload. Our offer focuses primarily on prevention, to avoid expensive and difficult treatment in the future.

Scope of the services (8 hours)	Orthopedic Prevention
Orthopedic consultation	+
Nutritionist consultation	+
Body composition analysis	+
Healthy spine workshops with a physiotherapist (3 sessions, 2 hours each)	+
Physiotherapist consultation - practical presentation of exercises to strengthen core muscles	+
Dedicated Health Zone Coordinator	+
Estimated number of patients seen	135
<b>Price (VAT inclusive) for locations within 200 km away from Warsaw</b>	<b>17 401 zł</b>
<b>Price (VAT inclusive) for locations above 200 km away from Warsaw</b>	<b>22 446 zł</b>



# Post-COVID Assessment

## Are you one of the 4 million of Poles who have had COVID-19?

Post-COVID-19 complications can linger on for many weeks after the original virus infection, and the effects can be seen in the functioning of many body organs. Our specialists have developed a set of consultations and tests which can help your employees check their health after they have had the disease.

Scope of the services (8 hours)	Post-COVID Assessment
Cardiological consultation	+
Neurological consultation	+
Pulmonological consultation	+
Radiological examination - lungs ultrasound	+
Nutritionist consultation	+
Body composition analysis	+
Consultation of two nurses with the following tests:	+
blood sugar level	+
cholesterol level	+
blood pressure measurement	+
blood oxygen saturation level	+
ECG	+
spirometry	+
Two dedicated Health Zone Coordinators	+
Estimated number of patients seen	215
<b>Price (VAT inclusive) for locations within 200 km away from Warsaw</b>	<b>40 959 zł</b>
<b>Price (VAT inclusive) for locations above 200 km away from Warsaw</b>	<b>47 425 zł</b>



# Pulmonological Prevention

**Do you have any symptoms of concern as regards your respiratory system?**

Pulmonologists are seeing more and more patients reporting shortness of breath or tightness in the chest, as well as shallow and wheezing breath. Active or passive smoking, exposure to smog or a former COVID-19 infection may intensify these symptoms. Help the patients assess the health of their lungs.

Scope of the services (8 hours)	Pulmonological Prevention	Pulmonological Prevention Plus
Pulmonological consultation	+	+
Radiological examination - lungs ultrasound		+
Consultation with a nurse, including a test of:	+	+
spirometry	+	+
Dedicated Health Zone Coordinator	+	+
Estimated number of patients seen	45	80
<b>Price (VAT inclusive) for locations within 200 km away from Warsaw</b>	<b>12 089 zł</b>	<b>25 489 zł</b>
<b>Price (VAT inclusive) for locations above 200 km away from Warsaw</b>	<b>15 319 zł</b>	<b>28 719 zł</b>



# Stress Management Techniques

**Around 90% of Poles experience stress every day.**

**Fast pace of life, long-term fatigue, too many duties** – all these are often permanent elements of our everyday lives. The vast majority of Poles suffer from the adverse effects of stress on their physical and mental health, but not many of us know how to cope with it. This contributes to a growing incidence of depression, a disease that makes normal functioning in working and private life impossible.

Scope of the services (8 hours)	Stress Management Techniques
Physiotherapy consultation - practical presentation of relaxation exercises - individual exercises	+
Breathing Coach workshop: “Breathing Techniques, or how to Reduce Stress”	+
Estimated number of patients seen	130
<b>Price (VAT inclusive) for locations within 200 km away from Warsaw</b>	<b>9 133 zł</b>
<b>Price (VAT inclusive) for locations above 200 km away from Warsaw</b>	<b>12 363 zł</b>

# Next steps?

- ✓ Contact us at [strefyzdrowia@pzu.pl](mailto:strefyzdrowia@pzu.pl),
- ✓ We will respond within a few days, together agree the details, set the date of the campaign and sign an agreement.
- ✓ You will designate a contract person for organizational matters.
- ✓ We will provide all necessary promotional materials for the event,
- ✓ prepare the health assessment venue and organize registration.
- ✓ The campaign will be carried out as per the agreed scope,
- ✓ and afterwards you will receive a report from us with photos.



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