## SIEGENIA awarded "Healthy Company" certification

# iGuS recognises commitment to employee health

The SIEGENIA GROUP has been awarded the "Healthy Company – best practice for employee health" certificate by iGuS – Gesund im Beruf GmbH (Healthy at Work) – in recognition of its exemplary occupational health management programme. By honouring SIEGENIA in this way, the South Westphalia branch of the Protestant social welfare organisation, the Diakonie, acknowledged the exceptionally comprehensive range of services offered to employees by the Siegerland company. The certificate was awarded on the basis of multiple assessments.

Hans-Georg Kämpfer, Head of HR Management, is delighted with the successful certification: "The health of our employees is very important to us; we truly appreciate their daily commitment to our company. That is why it is so important for us to support them with tailored services aimed at supporting their health and well-being. We have actively expanded our offering in recent years."

#### Good working conditions – help with personal problems

A key component in the occupational health management programme at SIEGENIA is to create good working conditions, for example by providing ergonomic workstations or offering solutions for balancing work and family life. SIEGENIA is also committed to providing support with personal problems. With this in mind, the company has been working for several years with the Diakonie in South Westphalia, whose hotline provides employees and their relatives with quick and confidential help when they face difficult circumstances. These can include emotionally distressing situations, financial difficulties or practical matters. "Our experience with this service has been extremely positive. The hotline is used not just by our employees but by their family members, too," says Hans-Georg Kämpfer.

The company's extensive commitment to health also includes its Health Weeks, which this year ran from 6 to 17 November and were held across Germany for the third time. Over the course of two weeks, the company ran a balanced mix of online and face-to-face events inviting people to put their health to the test and improve their personal fitness. SIEGENIA sites around the world also made use of parts of the programme. "The relatively long timeframe also means that employees working shifts can take part in the Health Weeks. This is something we consider to be very important." There was a wide range of activities on offer, from free diagnostic examinations such as CardioCheck, mobility analysis and pupillography to running groups, back exercises and yoga, as well as talks on all aspects of health. The success of the programme is proof that the company is on the right track: more than 300 employees took part in over 800 activities this year.

#### Caption

Image database: SIEGENIA

*Image: SIE\_Gesundes Unternehmen\_Presse.jpg*

Exemplary health management: Sebastian Schreiber (right), Managing Director of iGuS, presents Hans-Georg Kämpfer, Head of HR Management at SIEGENIA, and Annette Schumann from Human Resources with the "Healthy Company" certificate.

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