

Swiss Heart
Foundation

Fighting against Heart Disease and Stroke

The Swiss Heart Foundation prevention programme for companies

heart@work



Heart@Work® is a multi-level proposal for the early recognition and prevention of cardiovascular diseases aimed at companies and institutions and their employees. The four modules in Heart@Work® range from a letter on health issues from the Director, through to the determination of individual cardiovascular risk profiles. The offer also includes courses, workshops and coaching on the topic of a healthy lifestyle with reference to the heart.



Module 1

heart@work_Healthday

General information and sensitization

This module is suited to companies and institutions who would like to make a contribution towards the health of their employees, but not invest too much effort. In Heart@Work® Healthday, the Director addresses a personal letter to the employees that contains a health-related hint.

Services

- Letter template «My/our health-related hint» from the employer (and the Swiss Heart Foundation)
- Brochure «Heart@Work® Keeping in good health!», information on cardiovascular risks and health-related hints for people who are working
- Small gift (gadget) for each employee



Module 2

heart@work_Easy Check

Body weight and blood pressure

Thanks to Heart@Work® Easy Check, employees are motivated to look at their health-related behaviour using an uncomplicated and cost-effective approach. A questionnaire addresses the most important cardiovascular risk factors and the facts are provided through the measurement of blood pressure, abdominal circumference and BMI. Once again, the friendly letter from the Director encourages the employees to take to heart the health-related hints given in the brochure «Heart@Work».

Services

- All components of the Heart@Work® Healthday (Module 1)
- Measurement of blood pressure, abdominal circumference and BMI
- Risk self-assessment «Do you know what your risk is of suffering a heart attack or stroke?»

The Heart@Work® Easy Check is carried out at the company over one or several days by employees of the Swiss Heart Foundation. That lends effective weight to the topics of health and prevention. The Module Easy Check can be easily combined with Module 4.



Module 3 heart@work_ **Check-up**

Full assessment of cardiovascular risk factors

During the Heart@Work® Check-up, employees are given information on how they can minimize the risk of suffering a heart attack or stroke and how to optimize their chances of living a long and healthy life. The check-up takes around 15 minutes and is conducted according to a web-based test developed by the Swiss Heart Foundation in collaboration with physicians. It is carried out by medical professionals who provide a competent interpretation of the results and give advice to the employees.

Services

- Measurement of blood pressure, blood sugar and blood lipid levels
- Determination of abdominal circumference and BMI
- Questions on family history, cardiovascular diseases to date and therapies
- Questions on tobacco consumption, advice on nutrition, exercise and stress
- Provision of a written record of the values measured and a personal recommendation
- Distribution of the brochure «Heart@Work – Keeping in good health!» and potentially also further brochures on specific topics
- Small gift

A plus for the client

- Documentation with evaluation of the test results (rendered anonymous)
- Concrete recommendations for health-promoting measures within the company

Module 4 heart@work_ **Coaching**

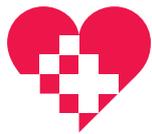
Motivating communication of knowledge on health

Heart@Work® Coaching provides the employees with continuous and long-term motivation to live a healthy lifestyle. Depending on the topics and scope of the module, the Swiss Heart Foundation collaborates with other specialized providers of health-related services during its implementation and puts together a programme tailored to the client's requirements.

Services

- Lectures, workshops, day events on nutrition for a healthy heart, exercise, stopping smoking and stress management within the meaning of a sustainable follow-up
- Courses on life-saving (Basic Life Support, Defibrillation) in connection with the Swiss Heart Foundation life-saving programme HELP®





Swiss Heart Foundation

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The Swiss Heart Foundation is ZEW O-certified since 1989.

The label stands for:

- The ZEW O seal of approval certifies that the donations will be used economically, effectively and for their designated purpose.
- It stands for organisations which offer transparent information and true and fair financial reporting,
- have independent and appropriate control mechanisms,
- provide open communications and which procure their funds in a fair manner.