

Corporate Wellness

A RAK Hospitals & RAK Insurance Initiative

Employees are the most valuable assets for any business organization. Employee health and well being is directly related to organizations performance, efficiency and profits. Many chronic diseases can be prevented by Lifestyle changes and modifications in Nutrition & Diet, through Exercise & Fitness, Managing stress, through Dependency management and safety practices.

Studies show that the return on investment in Corporate Health and Wellness initiatives include increased productivity, reduced absenteeism, reduced healthcare costs, reduced insurance premiums and improved employee morale.

The workplace can be used to drive the important changes in behavior that are required, bringing benefits to the employer, employee and the community.



Be part of the RAK Corporate Health Revolution

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Corporate Wellness Plan

For Blue Collar Employees



| Plan Benefits and entitlement* | Plan |
|-------------------------------------------------------------------------------------------------|------|
| Health screening and biometric check (Ht, Wt, BP, Blood sugar and 20 parameter lifestyle check) | ✓ |
| Personalized one page report to the employee with counselling | ✓ |
| Corporate Health audit report, analysis and improvement plan | ✓ |
| Eligible for Corporate Wellness awards event | ✓ |
| Health Education talks on either Diet, Exercise, Stress, Quit smoking as applicable | ✓ |
| Inter Corporate sports competitions, football, cricket, volleybal, etc. (additional) | ✓ |

* Subject to change

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