

ALLIANZ keeps control of its vitality with the Health Check-up from Mensura

Many Belgians depend on the services of the Allianz group to protect their family, future and possessions. In turn, to protect the health of its 1,000 employees in Belgium, Allianz relies on Mensura and its Health Check-up. This personal and confidential check-up offers all employees the opportunity to review their personal state of health and to receive appropriate advice relating to nutrition, exercise and sleep. By choosing to include its youngest employees, Allianz aims to protect their vitality in the long term.



"I have no doubts about the importance of offering this check-up to every one of our employees, including the youngest ones. It is at their age that prevention advice can be most effective."

Pierre Soblet, Prevention Advisor at Allianz

Challenge

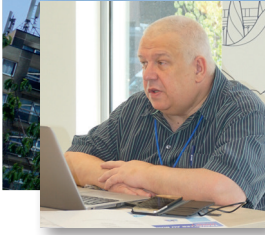
- To offer staff the opportunity to review their state of health

Solution

- A programme (Health Check-up) proposed and managed by an independent organisation
- In collaboration with a hospital close to Allianz's offices

Advantages

- Close to the examination centre
- Direct access to specialists
- Examinations adapted to each person's situation
- Prior blood test allows a more efficient discussion with the medical officer
- Service appreciated by the employees



Pierre Soblet, Prevention Advisor at Allianz

Ever since the early 2000s, all employees on Allianz's Belgian site have been invited to attend a regular medical check-up. "Mensura takes care of everything, from the invitation right through to dispatching personal reports to the employees" confirms Pierre Soblet, Prevention Advisor at Allianz in appreciation. Furthermore, the health assessments are conducted at Saint-Jean hospital, close to the Allianz offices.

These check-ups have already made it possible to identify medical conditions, which otherwise would never have been detected so early. I believe we have already been able to save lives at Allianz... "

"This health check is a service we are keen to offer our employees. And it has almost become a social right. People protest if they think we have forgotten them..."

The examinations are organised according to age

The type and frequency of the examinations depend on your age. For employees over the age of 50, Allianz has opted for a full examination every two years. Those under 40 are invited to a more moderate examination every four years, while those between 40-50 years do the same but every three years. "Nothing is obligatory: neither the Health Check-up, nor any examination. Everyone is at liberty to choose the examinations on offer" explains Lydie Bayiha, Nurse & Lifestyle Consultant in Mensura's Vitality department.

"It is among the youngest employees that prevention advice can be most effective." Pierre Soblet has no doubts about the importance of offering this check-up to all employees, including the youngest ones. "It is true, we expect them to be in the best health, do more sport, etc. However, it is at their age that prevention advice can be most effective."

In addition to the advice given to employees by the medical officer, Mensura also offers global and anonymous reports, allowing the employer to consider the risk factors relating to the health of its employees, and to organise prevention programmes. Pierre Soblet really hopes to be able to set up this kind of targeted programmes at Allianz one day.

Responsive

"Mensura was already our external occupational health service in the workplace well before I joined Allianz as Prevention Advisor, at the beginning of the 2000s" explains Pierre Soblet. "Over the years, Lydie and other employees at Mensura have become like colleagues. It is a real pleasure. We know them, they know us. And we know they will respond. For example, we asked for blood tests to be done in our own medical office, shortly before the check-up: this means the results are available when people visit the medical officer. Mensura is very helpful in meeting our requirements."

What Mensura can do for you

Mensura can help you assess your employees' health and lifestyle and develop a strategy to protect their health and energy.

Need some help? Call us on +32 2 549 71 00.

Participation rate

"The Health Check-up is working really well at Allianz" adds Lydie Bayiha. The prevention advisor rates the participation level at 60% among the over 50s, 50% for the intermediate group and 40% for the youngest employees. "If it were only 10%, I would still be happy!"