



**Selfcare:
vital employees
in a healthy organization**



Selfcare[®]
take good care of yourself

Vitality through insight, play and research

With the right insight, your entire organization will be healthier. You don't just get vital employees; a healthy body can take care of this. With our Selfcare app, you as an organization and your employees take the lead to improve their health.

By combining games and insight, the employee receives support in his own health.

How do you do that?

- Challenges where the entire organization competes against each other;
- Research with measurements and questionnaires;
- Interesting insights on medical themes.

Still need a little more help? A team of medical and technical professionals is available 24/7 for your employees for all health-related questions.

A healthy organization

At Selfcare we make working on vitality fun for everyone. In addition, vital employees ensure:

- Better performances
- More flexibility of the employees
- More control over their development
- More energy and pleasure at work
- Working more customer-oriented
- A positive impact on the company image



Well-being at the office

Vitality in the workplace is not only about preventing diseases, but also about supporting individuals and departments to perform optimally.

- Selfcare can be used flexibly for home workers, part-timers and employees across national borders.
- We expect a high participation from your employees because of our user-friendliness.
- It is a safe way to promote a healthy workplace, while guaranteeing privacy.
- By working together and by competing with each other, you stimulate the discussion about health in the workplace.
- Moreover, it ensures a positive working atmosphere!

A healthy company: the measurable employee

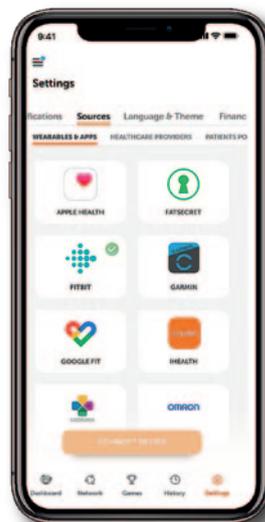
The concept of the 'quantified employee' is the future. You can continuously monitor the health and vitality of your employees. With the latest measuring techniques, such as sleep sensors, heart rate monitors and activity trackers, Selfcare offers a new way of preventive vitality management. Completely privacy-proof (GDPR).

Sometimes an employee has the desire to talk to someone about personal mental or physical challenges related to work or private life, if so, they can contact our medical and technical call center: carefully selected healthcare professionals are ready to provide information and advice about the measurement results and medical background. From here – if necessary – referrals can be made to, for example, an occupational health and safety service or other (medical) professionals.

Selfcare

- › Everything in one place
- › Easy to use
- › Privacy guaranteed
- › Health benefits
- › Support from medical professionals

Connect wearable
or smartphone



HEALTH PROFILE

Everything that matters to you about your health; your vaccinations, allergies and lifestyle measurement

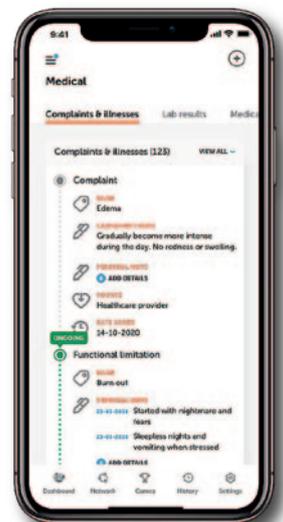
Add notes and photos



LIFESTYLE BEHAVIOR

Stress, diet, physical activity and sleep.

Register complaints,
aches and mood



PREVENTION

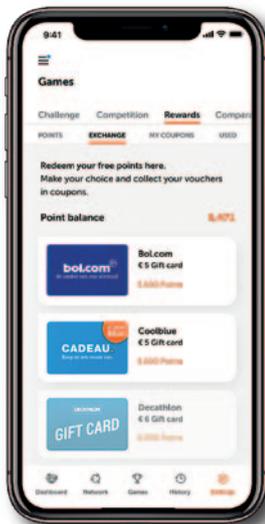
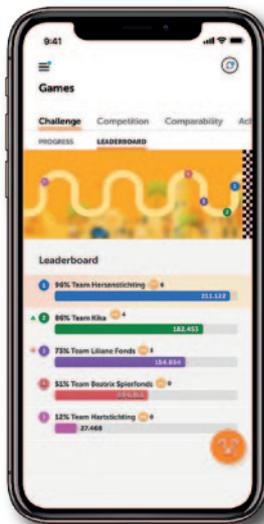
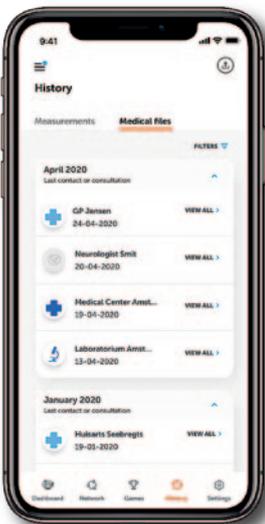
High blood pressure and cholesterol, diabetes, weight management, energy balance, cardiovascular vascular disease.



View medical records

Challenges and gamification

Earn gift cards



SELF-DIRECTED

Overview of own medical, health and fitness data. You choose with who you share what data.

STEP CHALLENGE

Get moving and start challenges. Challenge each other, collaborate and communicate with your colleagues.

REWARD HEALTHY BEHAVIOR

Self-care is more than a personal health environment; rewards for a longer healthy and vital life!

Medical and technical call center

For the 24/7 professional treatment of medical questions around health and test results, the employee switches quickly with one of our medical or technical specialists on the phone.



Challenges and gamification

Dare employees and colleagues today with challenges and vitality assignments. Show enthusiasm to others and increase engagement. Healthy behavior is also rewarded! The organization motivates everyone extra with a points system and tempting discounts when they actively get started with their lifestyle.

Whatever method you use; there is an opportunity to be creative and inclusive with challenges. This makes it possible to reward anyone of any skill level and not just the very best.

Challenge

- Progress by movement STEP  or  STAIR
- Different teams or together for a good cause
- On average or with the median
- Infinite variations in period, goal, teams, prizes, etc



Achieve personal or team goal

- Comparison of team results and personal scores
- High Scores
- Daily Goals
- Target values



Team visible on leaderboard

- Each participant joins a team working together to claim first place
- Current progress can be followed live via computer, tablet or mobile
- The team with the highest step or stair progress wins
- Encourage team members in the group chat



Achievements

- All participants earn personal achievements
- Users also earn badges for every milestone they unlock with their team
- In addition, participants will also receive achievements for the goals they complete on special days



Dynamic Preventive Medical Examination



Continuous health measurements

- Insight through measurements and registrations of exercise activities.
- For example, number of steps, glucose, blood pressure or weight.



Security and privacy guaranteed

Your health is strictly personal. That is why with Selfcare you always remain the owner of your health data and we meet strict safety requirements, just like your GP. Nothing will happen to it without you doing something with it yourself or giving permission for it.



Dynamic Preventive Medical Examination (PMO)

- Employees can safely share vitality parameters that can be linked to a PMO with the company doctor.
- Where necessary, the medical call center can refer you to the health and safety doctor, your own general practitioner or other (healthcare) professionals.



Questionnaires and research

- By structurally completing questionnaires, the organization gains more insight into the mental health of the employees.
- Identify vitality accelerators and retarders within the organization.



Reward with gift cards

- Give rewards for measurements and exercise activities, for example for passing on a blood pressure reading or weight.
- Reward employees for participating in challenges, surveys and questionnaires.

Communication is everything

We are here to support you!

Our customer success team and program experts are here to make sure everything runs smoothly. Get in touch via email, phone or chat. You can also always view our frequently asked questions or read instructions at <https://selfcare.zendesk.com/hc/nl>.



Or call our medical call center 24/7.



Email templates available

Sending well-timed communication with reminders and instructions is critical to the success of your program. We offer email and communication templates (in multiple languages) that can be easily customized and tailored to your organization.



Implementation guidance

In addition to our help articles and technical support, we guarantee a successful implementation. We do this thanks to an effective approach in which we include the regular contact persons in the process.



Unique Personal Health Environment (PHE)

Selfcare combines the two worlds of self-measured lifestyle data and medical information in one unique Personal Health Environment (PHE) with a focus on prevention. After all, prevention of diseases and complaints is better than cure. This overall picture of health and vitality puts the control in the hands of the person himself. Also watch our enlightening video by scanning the QR code.



Management by organization

By having insight into your company's health, with interactive monitoring, it is possible to see to what extent Selfcare changes the behavior of employees for the better.

Due to European privacy legislation, employers are not allowed have access to the individual scores of their employees. That is why we have a dashboard for employers in which aggregated data of their employees is visible. Selfcare measures health in real time and involves employees in actively managing their health and well-being in an accessible (and pleasant!) way.



Employee follow up

Support by healthcare professionals

health 247
.nl

Because every employee has access to all their own medical information, Selfcare can act as a link between the occupational health doctor and the general practitioner or medical specialist. The exchange of (care) data is easily and securely arranged. This makes the work of the occupational health doctor a lot easier and more efficient.

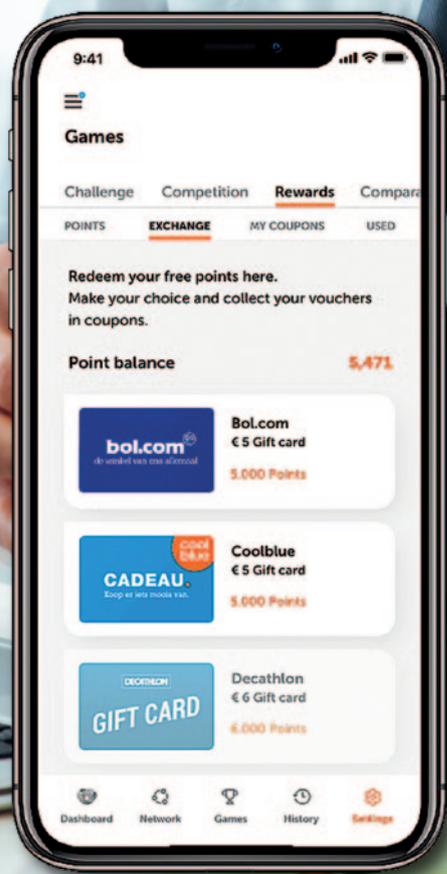
Example of a prevention calendar

A preventive annual plan as a dynamic Preventive Medical Examination in a secure IT environment.

With Selfcare it is possible to draw up a prevention yearly calendar; a schedule in which inspiring challenges are alternated with earning gift cards, health themes and mental examinations. We have perfected the balance between rewards, health themes, and challenge variety.

Below you can see an example of a prevention calendar full of games and rewards.





Reward healthy behavior

Selfcare: vital employees in a healthy organization

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