



| ...for a healthy return

 **health services**

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 **health services**



## | Fitness



## | Medical care



## | Medical examinations

### KLM Health Services: ...for a healthy return

In the same way that working, travelling and leisure, are all important aspects of daily life, fitness and good health are vital pre-conditions that facilitate them. But fitness and good health are not automatic; we need to invest in them, to a greater and sometimes to a lesser extent. We also want to pay sufficient attention to our health when we're at work or travelling: preventatively, through good working conditions and safe travelling arrangements; and curatively, through effective help exactly when it's needed.

KLM Health Services is an organisation that specialises in the health, safety and well-being of active people. Which means that you are always welcome. As a consumer, for example, who wants to travel healthily, or simply maintain your physical condition. Or as an employer, keen to offer your employees an effective health policy. Or as an employee, who realises that good health is an indispensable prerequisite for performance at work. All this so that every day we all get ...a healthy return!

As every employer can tell you, a company's success rests on its employees. But people don't just live to work; in addition to earning a living work must provide them with a means of developing, social contacts, a purpose in life, and structure to their everyday life. A good employer wants to provide work that's enjoyable, safe and healthy. To help employers do just this KLM Health Services offers them the support of its professionals.

### Working: healthy people in a healthy organisation

Safety experts, work hygiene experts, and ergonomic, work and organisational experts are just a few of the many specialists that can provide your company with the structure it needs to meet the afore-mentioned conditions.

In addition to giving them safe and healthy work, it pays dividends to stimulate your employees to work on their health – in other words, health management. Here too, KLM Health Services has the necessary instruments: like advice on the correct policy, the facilitation and exploitation of fitness programmes, and the choice of care and insurance arrangements. But even then things can still sometimes go wrong, possibly resulting in accidents, occupational illnesses, and even permanent work disability. To minimise and manage their effects, KLM Health Services can offer customised support in absenteeism and work reintegration policies, varying from a complete package to the deployment of a company doctor only when necessary. This support can be offered from our branches or 'in company', resulting in what we call 'FIT TO WORK', the best guarantee for a successful company.

### Travelling: exciting, but you have to stay healthy

Obviously, you want your journey to be as successful as possible. Which means you will need to bear in mind that travelling is governed by special characteristic, like crossing time zones, divergent climate and health conditions, and cultural differences. All of these can disrupt an individual's balance and health. Good preparation beforehand is therefore

essential, as is the reduction of risks by ensuring safe and healthy circumstances before departure, during the journey and at the destination. KLM Health Services will be pleased to advise you on the various conditions you can expect to encounter, and on the necessary vaccinations and other means of protection, all of which, incidentally, are directly available. And if, despite all this, something unforeseen happens, you can always count on our help – from simple advice to repatriation – 24 hours a day, 7 days-a-week.

KLM Health Services offers you this care via its airport organisation, Airport Medical Services, International Medical Advice, and its chain of Travel Clinics.

### Careport: all care in a single centre

Together with High Five Health Promotion, KLM Health Services makes it even easier for you by offering special company health care and fitness centres – either separate or integrated – that can be used by consumers, employers and employees alike. Close to the workplace and without waiting times, in these centres you can find company and family doctors, dentists, dispensing chemists, a physiotherapist, mental coach, psychologist, a fitness centre, in fact all manner of medical, socio-medical and health services necessary to improve or maintain good health. If you want to know more about what we can do for you and your company, just get in touch with us.