

# From insight to impact.

Developed in collaboration with:



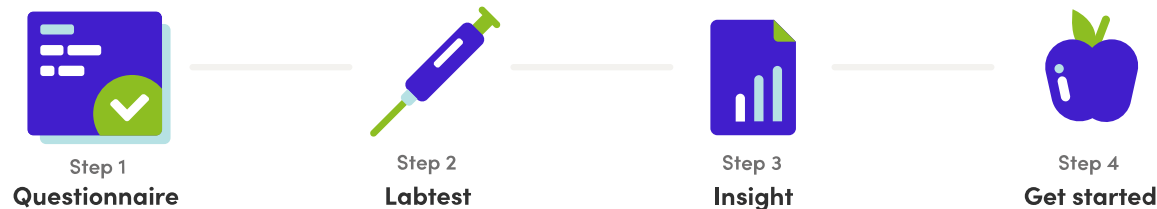
# &nipened is on a mission: a healthier life for everyone

With over 9 million people working in the Netherlands, organizations make up a large part of that 'everyone'. That's why we work with employers on vitality and health. With the Personal Health Check as Periodic Occupational Health Examination (PAGO) or Preventive Medical Examination (PMO) you gain insight into the physical, mental and emotional health within your organization.

## Preventive medical examination

Did you know that every organization with employees is required by law to periodically offer a medical examination? Which health risks need to be measured is shown in your organization's RI&E. Moreover, fit and happy employees are more productive and report sick less often. As an employer, you benefit directly from this.

The survey is a practical tool to help your employees live healthier lives. A kind of MOT for your organization and employees. The check combines online questionnaires with measurements. The measurements are taken with the checkbox by the participant at home, or with the help of our employees at a checkpoint on location. Based on the insight, participants are referred to appropriate follow-up steps.



Perform at home with the **checkbox**, or with support at a **checkpoint**.



# A healthier organization in six steps

At &niped we work according to a streamlined approach, based on our 19 years of experience. No one-time insights and separate interventions, but making impact with an integrated approach. We help you with these 6 steps to a healthier organization.



# Measurement contents

You can compile your measurement yourself or with our advisor. Below you will find our most popular package. Check our [website](#) for the total range of modules.

## PMO

### Personal health environment

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#### Health, vitality & lifestyle

General health risks

Exercise, Smoking, Alcohol, Nutrition and Stress

Motivation & Person Characteristics

Risk of COPD, cardiovascular disease, diabetes and kidney failure

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#### Healthy at work

Workability Index (WAI)

Psychosocial Workload (PSA)

Engagement and Physical Work Balance

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#### Monitor work and/or hearing

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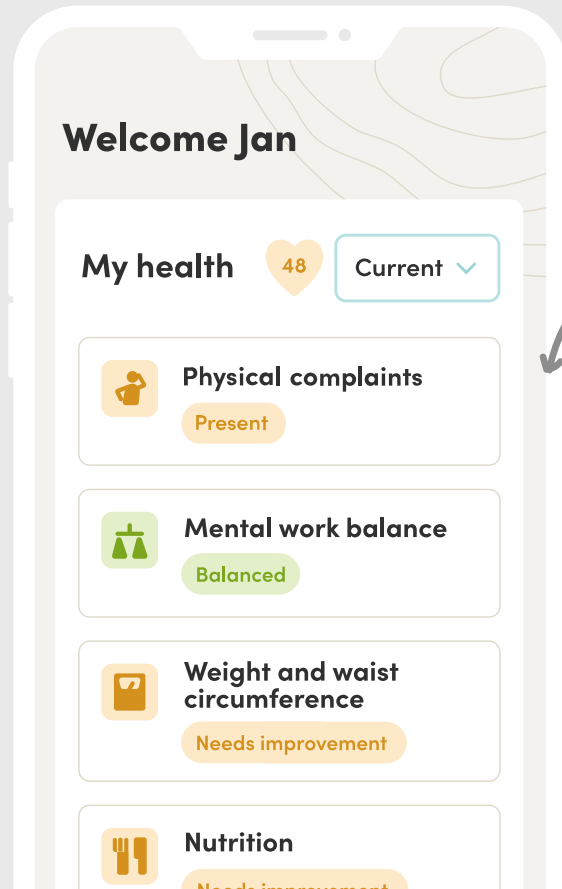
#### Measurement of BMI and waist circumference

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#### Measurement of blood pressure and heart rate

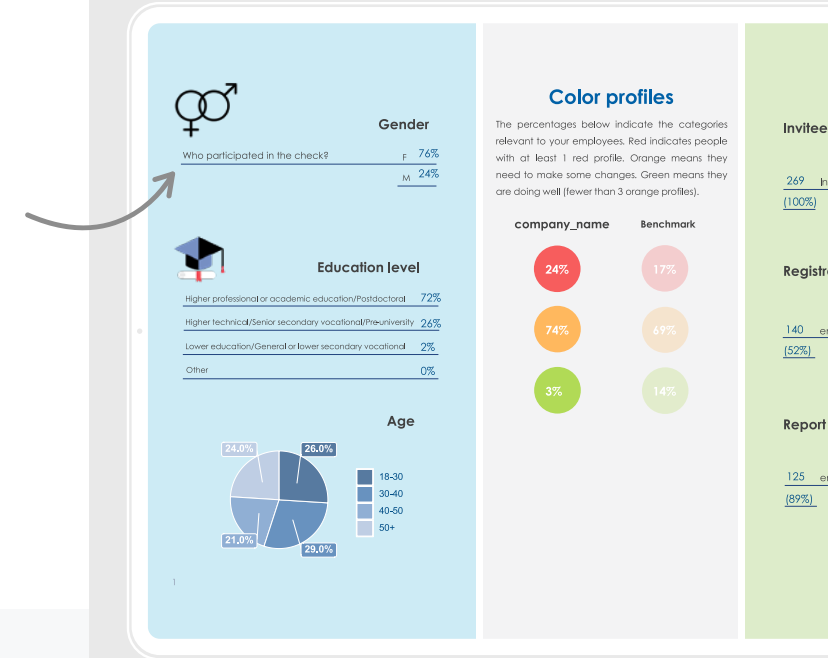
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#### Lab test for cholesterol and diabetes profile



## Insight and advice on two levels

We offer reports and advice at the **individual** and **organizational** level. This allows both employee and employer to use data and insight to determine what is needed to take targeted action on health. For maximum, sustainable impact.



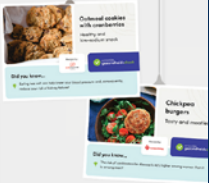
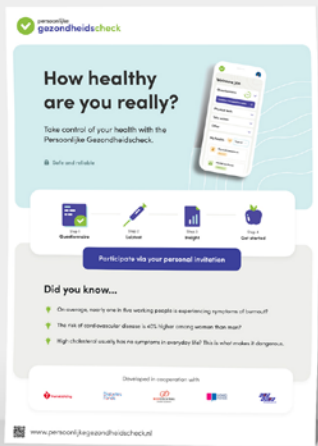
## Scientifically based business case

Erasmus MC conducted research on the effects of the Personal Health Check on productivity and absenteeism.

On average, the check leads to **20% less absenteeism and 10% more productivity.**

**Privacy guaranteed:**  
GDPR compliant.  
NEN and ISO certified.

**Independent in character.**  
We do not refer to proprietary interventions.



# Fully-facilitated health campaign.

## Favorable price agreements with health insurers

As an organization, take advantage of the cooperation we have with your collective health insurer. If your employees have a private health insurance that covers the PMO, we will also claim these costs. No worries, we take care of it!

[www.niped.nl/preventief-medisch-onderzoek/vergoeding](http://www.niped.nl/preventief-medisch-onderzoek/vergoeding)

Together we are working toward **a healthier life for everyone**. Will you join us?

[www.niped.nl/cases](http://www.niped.nl/cases)



## Contact

Wondering what &niped can do for you? Contact us or schedule a consultation.

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[www.niped.nl/advies](http://www.niped.nl/advies)

