

Benefits for workers



HEALTH SCREENINGS

- Held twice a year
- At-risk individuals get personalised health coaching sessions for six months and a wearable step tracker



HEALTHIER MEALS

- 60 per cent of the stalls in two canteens serve food with fewer than 500 calories



HEALTHY
WORKPLACE
ECOSYSTEM



QUIT-SMOKING PROGRAMME

- On-site counselling sessions
- Peer support network



EXERCISE CLASSES

- Zumba, Bolly Dazz