

Company Health Days

Step into the world of company Health Days with a tailored programme designed to support your employees' health



Up

Health Days

Enter the world of company Health Days

Employee health is a key pillar of a successful company, which is why we organize themed Health Days with workshops, seminars, and active programmes. Choose from our pre-designed packages or have an event tailored to your needs.

Health Days for Office Workers

"Long hours at the computer and the stress of deadlines were causing me back pain and tiredness. Health Day helped me learn relaxation techniques and maintain proper posture. I feel better both physically and mentally, and that has improved my well-being at work."

Examples of activities:

- Body composition measurement (InBody)
- Consultation with a nutritionist

Workshop:

- Healthy sleep
- Relaxation exercises and mindfulness



Tailored Health Days

Every company has its own specific needs. We will design a programme tailored to your employees' work environment, age, and occupational risks. Based on your requirements, we'll create an effective and beneficial program that will support your team's health.



Health Days for Manufacturing Workers

"I work in manufacturing, and after long hours on my feet, I started having back pain. Thanks to Health Day, I've learned how to take better care of my body and eat right while working shifts. I have more energy and less pain, and I appreciate that my employer cares about our health."

Examples of activities:

- Foot and Spine Diagnostics

Workshop:

- Workplace ergonomics
- Compensatory exercises
- Nutritional counseling for shift workers



Health Days for Field Workers

"As a technician, I spend a lot of time on the road, and I used to have back pain quite often. Health Day showed me how to lift heavy objects properly and stretch effectively even while working in the field. I appreciate that the company cares about our health even outside the office."

Examples of activities:

- Consultation with a physiotherapist
- Proper lifting techniques
- Exercises to stretch and strengthen the back

Workshop:

- Eating while traveling



Numbers that matter to us



5 000

satisfied companies



since 1995

on the Czech market



36 000

restaurants and stores



340 000

users



We are part of Up Coop

Up Coop provides professional services and employee benefits solutions with the goal of employee health, satisfaction and resulting loyalty.



A guarantee of quality cooperation

With its products and services, the Up Coop **aims to meet the expectations** of companies, firms and individuals in the area of social policy and services while **engaging in social responsibility**. All its services are certified by the ISO 9001:2008 quality standard.



International activities

The company was founded in 1964 in France and currently **operates in 29 countries**, including Belgium, Brazil, Bulgaria, the Czech Republic, France, Italy, Morocco, Mexico, Moldova, Germany, Poland, Portugal, Romania, Greece, Slovakia, Spain, Turkey and others.



Call or write

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Complete Information about
company Health Days



We are certified for tomorrow



1st place in
Internet Effectiveness
Award 2024



We hold certification
of care for quality
of health of employees



We hold certification of
ISO 27001:2014



We are involved
in the project
of environmental
and CSR activities

ecovadis

We hold
EcoVadis certification,
pathways to a more
sustainable future

Membership in leading associations



HOSPODÁŘSKÁ
KOMORA HLAVNÍHO
MĚSTA PRAHY



CHAMBRE DE COMMERCE
FRANCO-TCHÈQUE
FRANCOUZSKO-ČESKÁ
OBCHODNÍ KOMORA



Česká asociace
umělé inteligence



CZECH
FINTECH
ASSOCIATION