

Porsche expands health offering for its employees

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26/04/2019 On the sidelines of the Porsche Tennis Grand Prix in Stuttgart, world-class player Julia Görges was a guest at the Porsche Health Centre: The Professional Tennis Player has familiarised herself with the comprehensive check-up that Porsche now offers to all its employees in the Stuttgart region.

Another new addition to the Porsche health management portfolio is "Trainee fit", a special offer for trainees and dual students. In addition, the Porsche JobRad will in future offer the possibility of leasing a company bicycle at attractive conditions.

Porsche brand ambassador Görges was impressed: "I think it's great that Porsche has such a varied offer and gives its employees the opportunity to have a check-up. It sharpens body awareness and provides information on how you can improve your sense of well-being in a targeted way." Andreas

Haffner, Member of the Executive Board – Human Resources at Porsche, emphasized: "At Porsche we put a focus on people. In these challenging times where change is afoot, this means looking out for one another more than ever." The company has traditionally always set great store by its health management offering. This is reflected in ergonomics and occupational safety in production, among other things. Food in the company restaurants is also exceptional in terms of quality and choice. Haffner continues: "Both examples demonstrate that we take a holistic approach to health. Wherever possible, we help our colleagues to get into the very best physical and mental shape in order to perform their work. Only then will they enjoy working here."

The Porsche check-up is by free and a three-hour-long medical examination and consultation session that takes place during normal working hours. It includes a resting and exercise ECG, a lung function and laboratory test, performance diagnostics and individual training consultation, amongst other things. The first 200 Porsche employees have already taken advantage of the offering, and appointments are fully booked for some time. Over and above the check-up, there is also a range of different training courses and physiotherapy services.

"Health literacy is more important than ever, and it's never too early to impart this knowledge," comments Dr Daniel Mauss, Vice President of Health Management at Porsche. That is why the company is offering its "Azubi fit" health programme to trainees and students combining a degree course with a work placement. It runs for the entirety of their training time and comprises ten modules with health measures integrated into their day-to-day training. Whether it's exercises with therabands in the training workshop, raising awareness of how to safeguard your health when dealing with digital media, information on how to quickly prepare healthy meals, prevent mental strain, or a fitness challenge with a Porsche racing driver – the varied portfolio covers all aspects of health promotion and takes a long-term approach.

The Porsche "JobRad" scheme gives employees the opportunity to lease up to two bicycles or e-bikes for a period of three years. The programme is, of course, intended to encourage Porsche staff to exercise more – but that's not its only objective. As a further pillar of the company's mobility management strategy, Porsche is aiming to convince its employees – particularly those living in urban areas – to cycle to work more often. Anyone who covers more than half their commute using a company bicycle each month is able to apply for an additional grant at the end of the year, in addition to the already attractive terms.

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