

Our brands in Hungary

Vitality as a mission

Vitality health prevention program

Activities

Key learnings

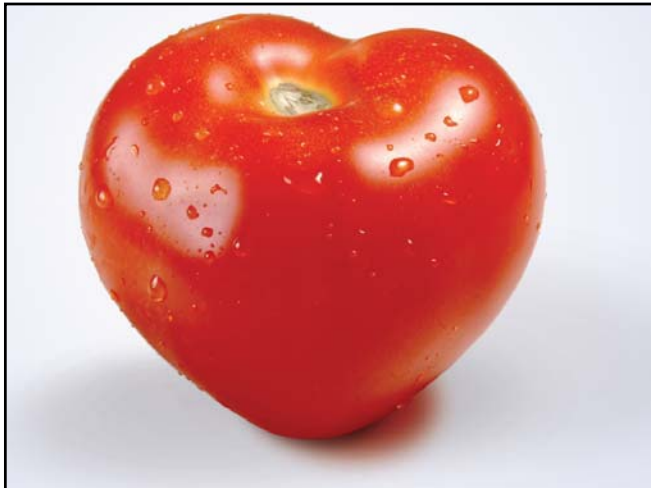



Our brands

Our brands



Promoting healthier lifestyle

HUNGARY as environment

Bad indicators compared to EU countries:

- We live 5-6 (women) / 7-8 years (men) less than in other EU countries ☹️
- Regarding the average age we are on the 23. place ☹️
- Diseases of cardiovascular system are the first cause of death in Hungary ☹️
- We drink 13,2 l alcohol per day ☹️
- 30,4 % of smoking people smokes daily ☹️
- In Hungary die the most people in cancer ☹️

HUNGARY as environment

Possible reasons:
Lack of health-conscious lifestyle 🚫
No promotion of healthy lifestyle 🚫

Vitality is in everything we do



Code of business principles

Employees

We are committed to **safe and healthy working conditions** for all employees. 🌿

We are committed to working with employees to develop and enhance each individual's skills and capabilities. 🌿





Objectives

- Healthy, engaged, inspired employees 🔄
- Promote healthy lifestyle 🔄
- Improving the quality of working life 🔄
- Make our mission alive for our employees 🔄
- Building one Central European culture 🔄
- Using as a tool to educate employees how to use our intranet 🔄

Vitality program

- Unilever logo **Vitality as a mission** 2004 🔄
- Review of the program and available activities 2006 🔄
- Vitality health check** needs and employees health status 2007 🔄

Vitality health prevention program development according to needs and health status of the employees

BUSINESS STRATEGY Deliver Vitality	MAIN OBJECTIVES IN LONG TERM	NEEDS AND EXPECTATIONS OF EMPLOYEES
<p>Vitality is in everything we do, it is our mission. In our global, regional and local strategy we have a section dedicated to Vitality.</p> <p>•Align, energise and inspire our people. Help them grow. •Bring the Unilever brand to life through our people and by our impact on communities and the environment.</p> <p>Our commitment is also highlighted in our Code of Business Principles and CSR strategy.</p>	<p>The vitality program is part of our CSR program therefore it is seen as a long term investment.</p> <p>→ Supporting physical and mental health of our employees.</p> <p style="text-align: center;">↓</p> <p>We have activities which are available during the whole year ensuring healthy working environment.</p> <p>We aim to organize the work so that it creates better health state with an emphasis on better work-life balance.</p> <p>Beside that we organize campaigns regularly with objective to promote healthy lifestyle.</p>	<p>← The program was developed according to the needs and expectations based on an extensive medical health check and health check done at the first phase of development.</p> <p>We review the program regularly (Vitality Surveys) so that we can adjust it to the changing needs and expectations.</p>
ACTIVITY PLAN		

Dedicated Vitality team

- Occupational health physician 🔄
- HR 🔄
- Communication 🔄
- QSHE department 🔄

Strong support: management and marketing department 🔄

Vitality health prevention program

- Healthy working environment 🔄
- Better organization of work 🔄
- Promotion of healthier lifestyle 🔄



Healthy eating



Physical activity



Stress management



Smoking-prevention

