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November 2021



## Health and well-being at Falck

New, exciting health initiatives for Falck employees.



### Your health universe

At Falck, we care about our employees' health, well-being and safety. We want to follow our own advice and promote a holistic approach to health, focusing on body, mind and lifestyle.

To achieve this, we are currently in the process of developing a simple and easily accessible health universe in which your health and well-being is 'just one click away'.

[Read more about your health universe](#)

### Easy access to Health Team

The Health Team can guide you to better well-being by offering advice on, for example:

- how to get better sleep
- the benefits of mindfulness
- an optimum diet
- exercise programmes
- access to the Falck training app
- how to set up your workstation

**Health Team +45 70229288 (7am - 8pm)**



### Access to medical assistance through Onlinelæge.

The right help when you need it, even at odd hours. Onlinelæge offers fast



clarification:

- Get an appointment within 15 minutes
- Book an e-mail consultation with a doctor

Onlinelæge is also available during weekends and when you're on holiday – even available to your close family.

**[Read more about Onlinelæge](#)**



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