

# DAIMLER



**Health management** - We support you. And your health.

If you are healthy, you get more out of life. And more out of your job. That is why prevention and health promotion are very important to us. In this area, Daimler AG Health Management offers a wide variety of measures: medical guidance, individual sports and exercise offerings, dietary counseling, and much more.

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## **Company Medical Service**

Our company medical services offer advice and help with preventative care, such as heart, circulation or back problems. These medical specialists take care of emergency medical situations at Daimler locations across Germany. Before a business trip abroad, they also take care of the necessary examinations and vaccinations.

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## **Workplace Health Promotion**

Workplace health promotion supports health-conscious employee behavior through attractive offers. It offers individually combinable measures with the goal of inspiring each individual to look after their health in the long term. Healthy nutrition, stress management, back and health programs are additional bases for a healthy lifestyle at Daimler.

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## Daimler Health Programs —

As a Daimler AG employee, you have the opportunity to take some time out. Over the course of several days, you can consciously engage with the topics of exercise, nutrition, stress management and/or mental health.

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## Counseling Service —

Wherever people work together, there is tension – in many respects. The counseling service offers all employees coaching and consulting for personal or professional conflict and crisis situations.

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## Qualification Offers —

Daimler offers various seminars on the topic of work-life balance, such as time and goal management, dealing with stress or social conflict, and professional orientation.

Our managers are specially taught to recognize signs of personal crises

– in employees as well as in themselves. A first point of contact is the counseling service or company medical service. If, due to medical reasons, employees are only fit to work in a limited capacity, the integration management steps in. And supports a successful reintegration.



## More Information

### SG Stern

Passion, balance, fitness,

### Daimler BKK

Health online.



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\* The figures are provided in accordance with the German regulation 'PKW-EnVKV' and apply to the German market only. Further information on official fuel consumption figures and the official specific CO<sub>2</sub> emissions of new passenger cars can be found in the EU guide 'Information on the fuel consumption, CO<sub>2</sub> emissions and energy consumption of new cars', which is available free of charge at all sales dealerships, from DAT Deutsche Automobil Treuhand GmbH and at [www.dat.de](http://www.dat.de).

\*\* Electric energy consumption and range have been determined on the basis of Regulation (EC) No. 692/2008. Electric energy consumption and range depend on the vehicle configuration.

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