



PEH
PERSONALISED
EMPLOYEE HEALTH

Healthy employees equal
a healthy company!



SWITALLA
DELICIOUS HEALTH

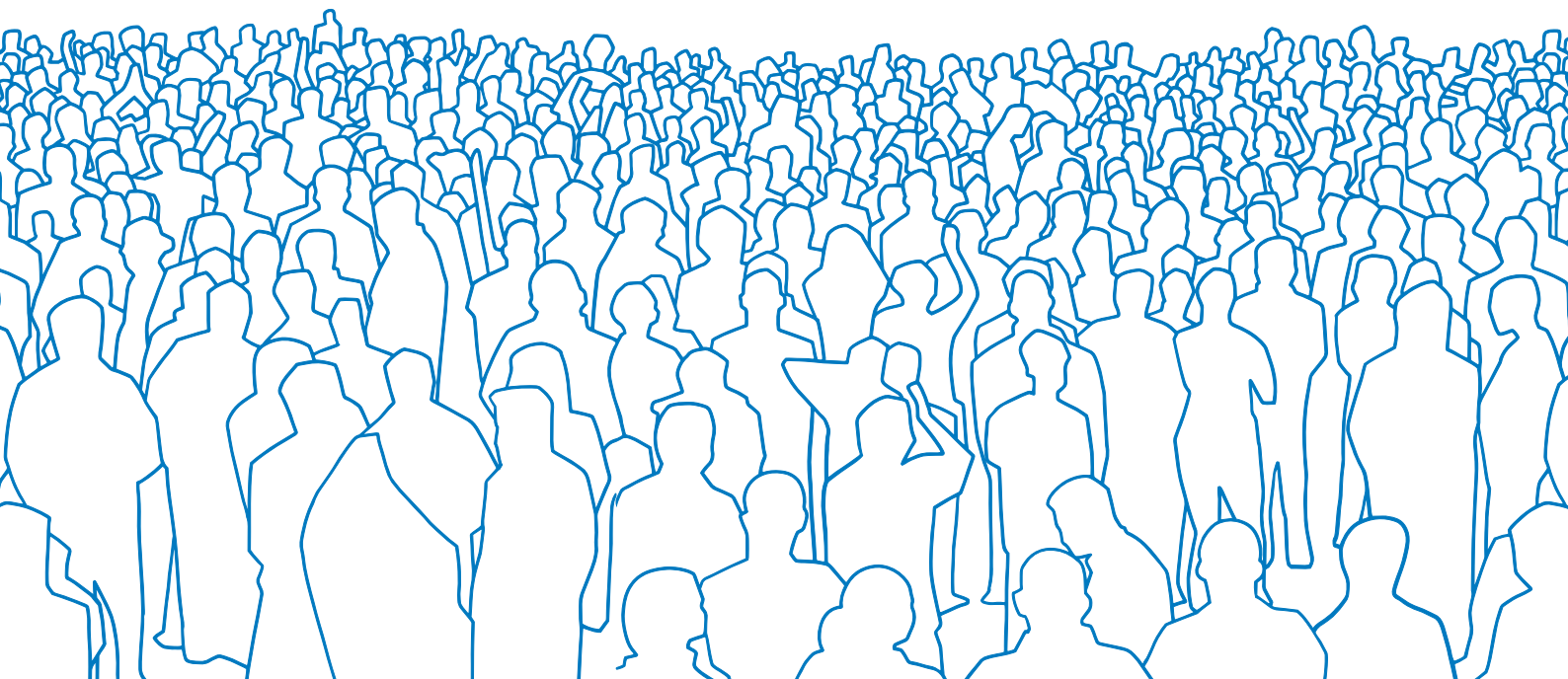
**Your
employees
are your
company's
most
important
resource**

Corporate Health Management (CHM) concepts often provide general solutions, which can be implemented in a variety of ways: Introducing a company health initiative, healthy work-life balance or more active break times – all in the hopes that this will make everyone both healthy and productive.

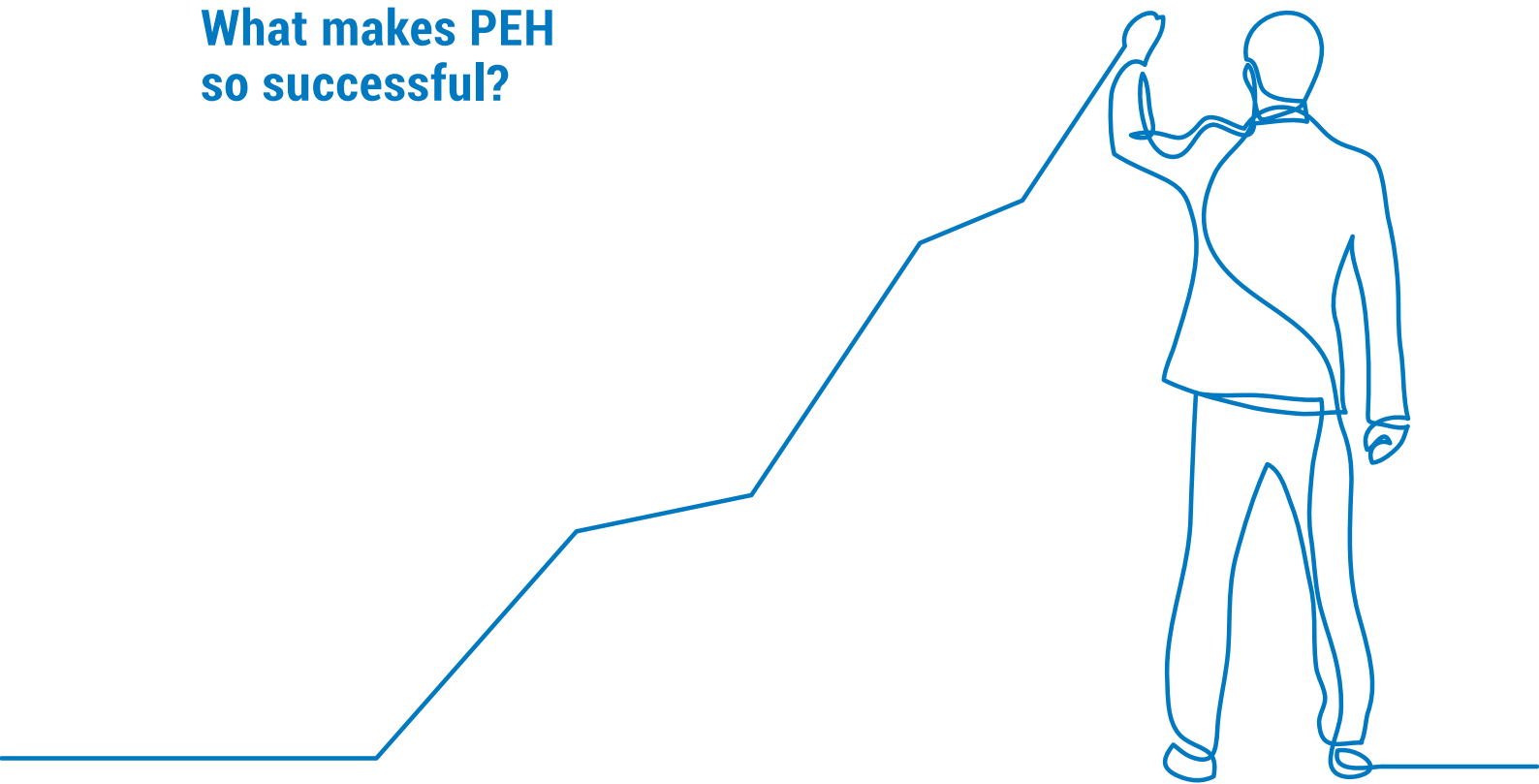
At SWITALLA, we know that ordinary company health management does not result in long-term success. Just as a business plan cannot be used universally, health concepts cannot be created without taking individual factors into account.

This is why we evaluate existing illnesses, individual metabolic levels and the specific requirements of employees. Based upon this information we are able to optimise health and physical fitness according to specific occupational requirements and activities.

Personalized Employee Health (PEH) – progress with impressive results!



What makes PEH so successful?



FOR EMPLOYEES

Employees not only benefit from improved quality of life, but also experience a noticeable increase in performance and resilience in their workday.

Workflows are easier to manage – dissatisfaction and stress are reduced.

Through personalised employee healthcare, management can communicate its appreciation and concern for staff. Employees' trust in management grows and ensures a harmonious and positive work environment.

In addition, the risk of serious illnesses is reduced.

FOR THE EMPLOYER

Employee performance increases, absenteeism due to illness is minimised and your company's expenses decrease.

Over the last few years, the general public has become increasingly health conscious. Employers who prioritise the health of their workers benefit when competing for qualified employees.

An employee-oriented approach counteracts high staff turnover, as employees identify more strongly with the company.

In addition, healthy and efficient employees generate more revenue for your company.

OUR RANGE OF SERVICES FOR YOUR EMPLOYEES

Using state-of-the-art diagnostic methods, we will determine the individual health level and needs of your employees.

On the basis of the information we gather, we then develop a nutrition concept tailored to the individual employee and walk with them through ALL THE STEPS necessary to achieve optimum health.



Stage 1 – Information gathering and diagnostics

At the beginning, we conduct medical history interviews and document medical issues and pre-existing conditions. In this way, we obtain a comprehensive picture of the health of your employees.

As a matter of course, we always work in accordance with the latest data privacy protection regulations, so that your

employee's sensitive data remains secure. We also gather information on the specific, health-related requirements of an employee's work requirements. We then determine various health parameters using the latest examination methods and with the help of our network of specialist laboratories.

Stage 2 – Analysis, evaluation and creation of dietary program

The collected data, laboratory test results and our technical expertise enable us to produce a nutritional-physiological "fingerprint" – the DEINKOST-ID nutrient key for every employee. Based on this fingerprint, we then develop a catalogue of actionable steps that are job requirement and function-specific. The medical exams results are presented to the employee in a in-person meeting, where we translate

the results and present them to the employee with a program of actionable dietary steps to guide them through their daily lives. If necessary, we also recommend proven combinations of nutrients and essential vitamins from carefully selected natural foodstuffs, products and meals. VERY IMPORTANT: We are not a supplier of pills or alleged miracle powders!

Stage 3 – Assistance with implementation

Thanks to his or her personalised catalogue of actionable steps, every employee knows what they need to keep an eye on in the future. Their awareness for the new diet increases and it gradually can be internalised. This is where

our targeted courses and lectures can be helpful. In case of uncertainties and any open questions, we are always available to the employees to assist them in bringing their health to its optimum level and, above all, keeping it there!

SELECTION OF OUR SERVICES FOR YOUR COMPANY

In order for your employees to be able to successfully implement the individual measures even during working hours, it is important to provide the ideal conditions.

Our experience shows that there is a need for improvement, especially in staff cafeterias. Here, we can assist in adjusting food preparation methods, selecting the proper raw materials, developing recipes and training kitchen staff. In addition, our innovative cafeteria concepts make the application of the previously created nutrient keys (DEINKOST-ID) possible.

If you do not want to, or are not able to accommodate a cafeteria on your premises, we will be happy to set up a healthy "coffee kitchen" for your employees. We can help teach your employees how to eat healthy and varied food on their own, within the existing possibilities.

Alternatively, we would be pleased to present our proposals for additional in-house solutions. These could be, for example, a "DEINKOST kiosk" designed to meet your needs and operated by us, as well as "DEINKOST vending machines" which can be individually equipped and which also enable the use of nutrient keys (DEINKOST-ID's).

Another option is to develop and organise an individual and external meal delivery concept for you.

Personalised employee health is always individual and therefore requires tailor-made solutions. Our range of services includes various measures that we will work with you to implement.

We would be pleased to discuss your company's requirements with you personally, in order to present you with solutions tailored to your needs.

Examples of our measures at a glance:

- Development and implementation of an individual PEH concept
- Lectures and seminars about health and nutrition based on the latest scientific research
- Specially developed medical history and evaluation methods
- Diagnostic measures using state-of-the-art technologies
- Time-saving diagnostic and result consultation sessions in your company
- Verification of foodstuffs and products especially for DEINKOST-ID nutrient keys
- New concept and redesign of cafeterias
- Creation of new recipes and dishes
- Training of chefs and kitchen staff
- Creation and implementation of alternative DEINKOST catering concepts



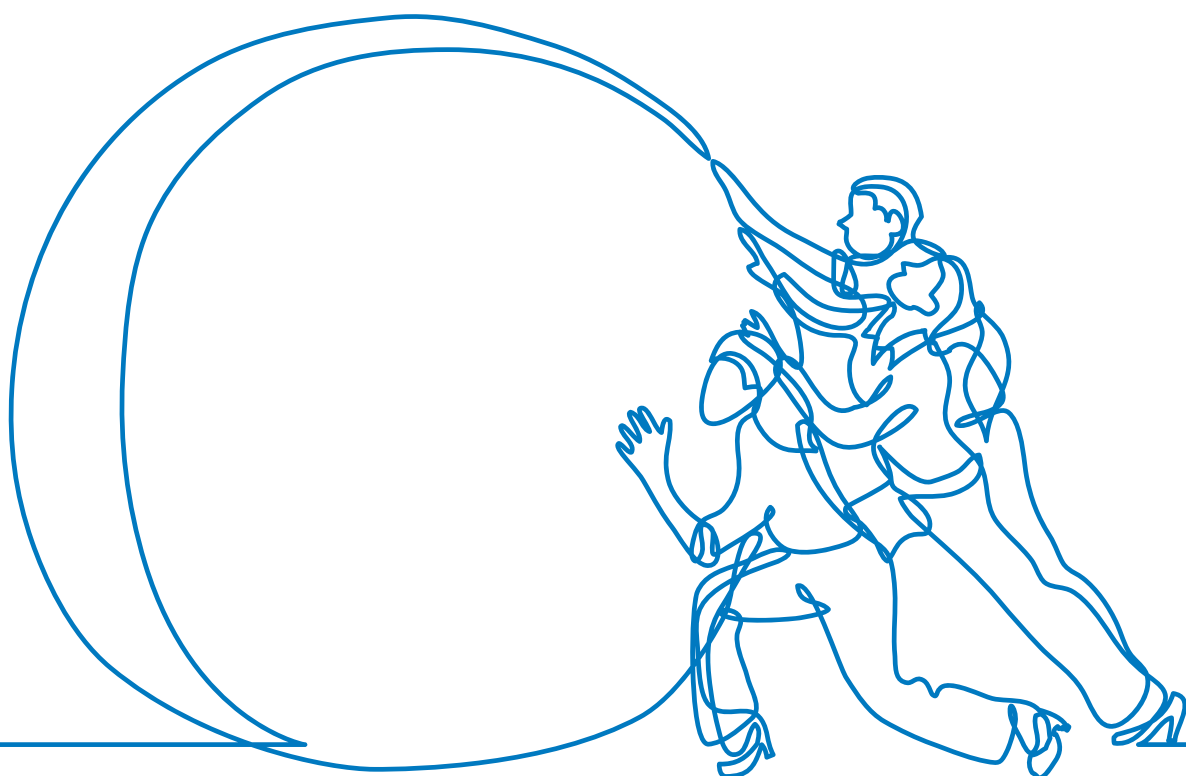
Team SWITALLA – Who are we?

We are the leading provider of Personalised Employee Health (PEH) and the multidisciplinary specialist team for personalised nutrient keys (DEINKOST-ID). Our team consists of qualified nutritionists with many years of practical experience, specialists in nutrition physiology, independent physicians, food experts and chefs.

Based on our expertise in medical, nutritional physiology and science, we develop a concept individually for your company and your employees that sustainably increases performance, reduces absence due to illness and thus positively influences the overall performance of your company.

But above all, we are working for the benefit of your health. And with PEH, healthy nutrition is finally easy to achieve, effective and scientifically based – and it also tastes delicious!





WE GET THE BALL ROLLING.

Together with SWITALLA, you can create a major turnaround that will change the lives of your employees and increase the success of your company.

We look forward to hearing from you.

We would be happy to visit your company and personally present our business concept.

With deliciously healthy greetings from
your team SWITALLA

Further information about us and our services can be found on our website

www.switalla.com/pmg



SWITALLA – Delicious health

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