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IMPROVING EMPLOYEES' HEALTH AT THE WORKPLACE

Health • Society

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COLUMBIA ASIA in collaboration with PM Care recently organised the 2019 Corporate Health Transformation Conference aimed at improving employees' health at the workplace and showing employers how they can contribute in advocating health and fitness among their staff.

The initiative roped in a team



of experts comprising medical practitioners, personal trainers, dietitians and psychologists to design lifestyle modification and health intervention programmes towards the betterment of Columbia Asia employees and corporate clients.

It hopes to create a culture of health that can mitigate the rising cost of healthcare faced by individuals, companies and insurers.



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