



Health of employees and their families is a priority for the Healthcare Foundation and the Employer.



Preventive programs and health-promoting activities - 2014

Co-ordinator: Bogumiła Plesińska

April 23 – 29, 2014 – Safety Day 2014 - activities of the Healthcare Foundation



Total of **373** employees of ArcelorMittal Poland, subsidiaries and contractors took advantage of free medical tests organized by the foundation at UNIMED Specialist Center for Medical Rehabilitation on April 23-29, 2014:

1. Audiometer – **31 people**
2. Consultation with a laryngologist – **20 people**
3. Spirometer – **26 people**
4. ECG – **27 people**

April 23 – 29, 2014 – Safety Day 2014 - activities of the Healthcare Foundation – 2



5. Consultation with a rehabilitation physician
+ therapeutic exercises

3 types for 5 days

– ordered by the rehabilitation physician

– 79 people

(AMP employees, subsidiaries and contractors).



April 23 – 29, 2014 – Safety Day 2014 - activities of the Healthcare Foundation - 3

Free rehabilitation was available in the newly-opened commercial part of the Specialist Rehabilitation Center UNIMED Sp. z o.o.

- at a date convenient for each patient.



April 23 – 29, 2014 – Safety Day 2014 - activities of the Healthcare Foundation - 4



6. Mechanic massages at massage armchairs placed in the corridor of the Specialist Rehabilitation Center UNIMED Sp. z o.o.

Massages **were very popular** with employees as well as patients of medical centre.

April 23 – 29, 2014 – Safety Day 2014 - activities of the Healthcare Foundation – 5



7. Presentation of back strengthening exercises for administrative personnel by Marta Piłat, rehabilitation therapist.

Attendance: approx.

190 employees:

- April 23 – IT building
– approx. 50 people
- April 24 – management building
– approx. 90 people

April 23 – 29, 2014 – Safety Day 2014 - activities of the Healthcare Foundation – 6



- April 29 – Engineering building
– approx. 50 people



April 23, 2014 – ArcelorMittal kindergarten “Równe Przedszkolaki” in Dąbrowa Górnicza: children were checked for postural faults.



- **52 children** were checked.
- The examination was performed by doctors from the Orthopedic and Trauma Surgery Unit at St. Barbara Specialist Hospital no. 5 in Sosnowiec: Roman Nowak MD, Head of the Ward, Teresa Barańska, physician and Jakub Sikorski, physician.
- Parents received results of the examination in writing: faults identified with recommendations or confirmation that the child has no postural faults.

April 29, 2014 – ArcelorMittal Poland kindergarten “Równe Przedszkolaki” in Dąbrowa Górnicza: dental check by an orthodontist



- Dental screening in the kindergarten was organized on April 29, 2014.
- **53 children** attended.
- Children were checked for tooth decay and occlusal problems by Joanna Krukowska MD Dentist and Olga Krukowska-Drozd, dentist specializing in orthodontics from company Centrum Zdrowia JOMADENT in Dąbrowa Górnicza.



Safety Day 2014

- activities of the Healthcare Foundation in Dąbrowa Górnicza

	Date	Type of examination/consultation	No. of people	
			Plan	Performance
	22 - 28.04.2014	AUDIOMETER	125	31
	22 - 28.04.2014	LARYNGOLOGIST - consultation	20	20
	22 - 28.04.2014	SPIROMETER	75	26
	22 - 28.04.2014	ECG	125	27
	22 - 28.04.2014	Consultation with a REHABILITATION physician + rehabilitation treatment	80	79
	23 - 29.04.2014	Presentation of back strenghtening excercises: Management, IT and engineering buildings		190
		Attendance:	425	373
	23.04.2014	ORTHOPAEDIC consultation - Kindergarten "Równe Przedszkolaki" in Dąbrowa Górnicza		52
	29.04.2014	ORTHODONTIST consultation - Kindergarten "Równe Przedszkolaki" in Dąbrowa Górnicza		53
		TOTAL		478

April 9-18, 2014 - laboratory tests performed as part of tumor diseases diagnostics, and allergy tests

Free laboratory tests were performed as part of tumor diagnostics, and allergy tests. The tests were offered mainly to donors of the Healthcare Foundation, retired and current employees of ArcelorMittal Poland and subsidiaries – **1st round.**



Total attendance – **211** people, incl.:

- package for women: **100**
- package for men: **48**
- allergy tests: **63**

May 6 – 7, 2014 – densitometry test for osteoporosis

May 6-7, 2014 - diagnostic tests of lumbar spine were performed as part of a preventive campaign “Densitometry test for osteoporosis”.

199 donors of the Healthcare Foundation, retired and current employees of ArcelorMittal and its subsidiaries participated.



May 12 – 22, 2014 – laboratory tests performed as part of tumor diagnostics, and allergy tests

2nd round of free laboratory tests was organized on **May 12-22, 2014** as part of tumor diagnostics for donors of the Healthcare Foundation, their families and employees of ArcelorMittal Poland and its subsidiaries.

Approximately **45** children, mainly from ArcelorMittal kindergarten in Dąbrowa Górnicza were also invited to take allergy tests.



Total attendance: **221** people, incl.:

- package for women: **96**
- package for men: **76**
- allergy tests: **49**



June 9 – 13, 2014 – laboratory tests performed as part of tumor diagnostics

3rd round of free laboratory tests was organized on **June 9-13, 2014** as part of tumor diagnostics for donors of the Healthcare Foundation, their families i.e. spouses and school-age children, and retired employees and pensioners who support the Foundation.



- Total attendance: **107** people, incl.:
 - package for women: **59**
 - package for men: **48**

September 22 – 26, 2014 – laboratory tests in tumor diseases and diabetes diagnostics

Free laboratory tests in tumor diseases and diabetes diagnostics were organized on **September 22 – 26, 2014**.

The tests included the so-called “stomach package” (pancreas, stomach, liver) and the so-called “diabetes package” for donors of the Healthcare Foundation, their families, retired employees, pensioners and employees of ArcelorMittal Poland and its subsidiaries.

Children from ArcelorMittal kindergarten “Równe Przedszkolaki” in Dąbrowa Górnicza could also take part in blood sugar tests.

Total attendance: **254** people
incl.:

- stomach package: **132**
- diabetes package: **122**

incl.:

diabetes package for
children : **17**



September 29 – October 3, 2014 – Health Week in w ArcelorMittal Poland

The Foundation joined the 2nd **Charity Run/Walk Event** organized in ArcelorMittal Poland S.A. during the Health Week, October 1 in Dabrowa Górnicza and October 3 in Kraków.

1 km = PLN 5, the money collected will be used to finance treatment and rehabilitation of 12 people who were registered with **NASZE DZIECI** Foundation.

There was also an opportunity for **20** people to attend a Nordic Walking training with an instructor.



September 29 – October 3, 2014 – Health Week in ArcelorMittal Poland - contd.

Free gym workouts were offered to **15 people** during the Health Week (UNIMED Rehabilitation and Wellness Center)



October 6– 10, 2014 – laboratory tests in tumor diseases and diabetes diagnostics – 2nd round

2nd round of free laboratory tests in tumor diseases and diabetes diagnostics was organized on **October 6-10, 2014**. The tests included the so-called “stomach package” (pancreas, stomach, liver) and the so-called “diabetes package” for donors of the Healthcare Foundation, their families, retired employees, pensioners who support the Foundation and employees of ArcelorMittal Poland and its subsidiaries

Total attendance **321** people,
incl.:

- stomach package: **175**
- diabetes package: **146**





Preventive programs and health-promoting initiatives - 2014

•	Data	• Type of medical test	Total attendance	TOTAL	TOTAL COST OF MEDICAL TESTS
•	9-18.04.2014	Laboratory tests tumor diseases diagnostics - package for women	100	211	18 208,00
		Laboratory tests tumor diseases diagnostics - package for men	48		
		Laboratory tests Allergy package	63		
•	6-7.05.2014	Densitometry tests for osteoporosis	199	199	7 380,00
•	12-22.05.2014	Laboratory tests Tumor diseases diagnostics - package for women	96	221	18 456,00
		Laboratory tests Tumor diseases diagnostics - package for men	76		
		Laboratory tests Allergy package	49		
•	9-13.06.2014	Laboratory tests Tumor diseases diagnostics - package for women	59	107	8 423,00
		Laboratory tests Tumor diseases diagnostics - package for men	48		
•	22-26.09.2014	Laboratory tests Diabetes package	122	254	8 153,40
		Laboratory tests Tumor diseases diagnostics - stomach package	132		
•	6-10.10.2014	Laboratory tests Diabetes package	146	321	10 602,60
		Laboratory tests Tumor diseases diagnostics - stomach package	175		
				1 313	71 223,00

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