

LET'S SHOOT FOR THE MOON!

WHAT IS THIS ABOUT?

From 27 August to 28 October, make the smart move for you and for others, and help us cover the 380,000 kilometres between us and the Moon. Walk, run, cycle or swim, on your own, with your staff, your friends or your family: anything is possible and everything counts! Do it to improve your health, boost your workplace productivity and reduce absenteeism. But above all, do it for a good cause.



A mission proposed by :



JOIN THE CAMPAIGN AND MAKE IT YOURS



Align it with your health in the workplace policy

- health and well-being advice offered each day by the CHUV and other health partners involved in the campaign



Motivate and interact with your team in a dedicated space for your organisation



Choose a cause linked to your organisation or region: youth, health, physical activity and/or prevention

- 50% of donations can be put towards that cause

HOW TO GET ON BOARD?



Promote the campaign using various communication tools



Encourage your organisation's sports club to get involved and set an example



Encourage your employees to get active by promising to cover some of the distance they achieve

- e.g.: *We have already donated 50.- on your profile, now it's your turn to get moving and do those 50 first kilometres to the Moon!*



Become a partner of our project, and link your organisation to our values through a new and inclusive project

A FEW NUMBERS...



79 hours: average time each employee is absent in Switzerland



77% of annual employee absenteeism in Switzerland is due to health reasons



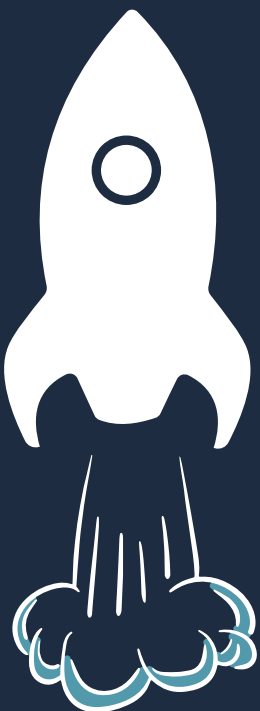
4.2 billion francs: direct cost of absenteeism in Switzerland each year



The **indirect costs** of absenteeism are three-to-five times higher than the direct costs

And as for the workplace conflicts, burnout, presenteeism or simple apathy – how much are they costing you each year?

2018



AUGUST 27 - OCTOBER 28