



# **Annual Report 2020 & 2021**

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Chief Wellness Officer  
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## **CHAPTER – 1: INTRODUCTION**

### **a. ABOUT ARABIAN WELLNESS & LIFESTYLE MANAGEMENT**

#### **Working on Wellness (WOW!!)**

Arabian Wellness & Lifestyle Management was started in 2013 with an objective of evaluating Health and incorporating Lifestyle change into corporates in order to alleviate ailments amongst employees in a workplace.

With decades of experience, Arabian Wellness creates implements and manages comprehensive work place health through programs customized specifically for each organization. Our Corporate Healthcare Plans provide a one - stop solution to address the healthcare needs of organizations, and includes individual and group solutions.

Studies show that besides employee health improvement, the return on investment in Corporate Health and Wellness initiatives include increased productivity, improved employee morale, reduced healthcare costs, and reduced absenteeism. The key to success in Corporate Wellness, is not merely medical and illness support, but also through preventive care, with a focus on Diet and nutrition, Exercise & fitness and stress reduction. This path leads to Lifestyle change and enables all employees to reach their full productivity potential.

**Due to COVID-19 Pandemic in 2020 - 2021, work activities were truncated in most of the Corporates. During this period we chose to keep the employee informed about this pandemic, by undertaking COVID screening & giving virtual talks / webinars to the corporates employees, schools, etc.**

## b. Components of our Workplace Health Program

Our face to face services & work site Health programs were restricted. We however, continued with our Virtual & Online facilities.

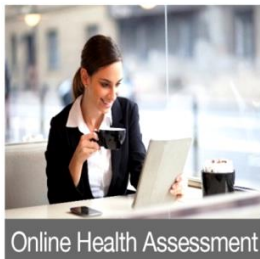
### Physical & Face to Face Services



### Work site Health Programs:

Medical & Health Screening	Health & Lifestyle Counselling	Health Work Shops	Mental Health & EAP
Fitness & Sports	Weight Loss Challenge	Quit Smoking	Annual Health Awards etc.

### Virtual & Online Services Support



### Virtual and Online Facilities:

Health Risk Assessment	Risk Goal Mapping	Daily Health Tips/ Videos	Activity Tracking
Device Integration	E-Counselling	Corporate Health Audit	Health & Productivity Profiling etc.

### C. ARABIAN WELLNESS PROTOCOLS

Our end to end customer process comprises of the following steps:

- **Utilizing our health & fitness, lifestyle scan to evaluate the health of employees.** Our scan is based on the current standards and protocols on the need by the best practice guidelines laid down by the United States Preventive Services Task Force. This includes evaluation in physical fitness components of Stamina (heart rate & lung capacity), Strength (abdominal sit up test) & Flexibility (spine flexibility test).
- **Each employee receives a personal and individual lifestyle prescription along with counselling** by our lifestyle physician. The prescription and counselling includes fitness counselling to improve stamina (walking, jogging, cycling and swimming), strength (Gym exercises) & flexibility (joint mobility exercises).
- **Employees thereafter undergo training programs and workshops** as appropriate to their needs. These include stress management, quit smoking, nutrition and weight loss, exercise & fitness, etc.
- While the assessment is done annually and talks and workshops are done every month, we remain connected with our customers by sending them **weekly health tips** that cover all areas including Exercise & Fitness.
- For the first time in the UAE, we have initiated the **Exercise at Work Program** in RAK Ceramic. In this scheme, we have created 2 to 3 Exercise champions in each department of RAK Ceramics to lead their colleagues in a 5 minute exercise program each morning.
- **We conduct year round sports competition between Ras al Khaimah corporate.** Our objective is to encourage recreational sports in order to improve employee fitness. We prefer to encourage team games such as Football, Cricket, Volleyball, Basketball, etc. Both male and female teams participate from over 10 – 15 corporate.
- **Review of our processes and performance** is done annually by our corporate customer keeping in mind **key performance indicators** like employee engagement, productivity, absenteeism, medicare costs, etc. and review is done by us of each individual customer (employee) by

reviewing their Health Risk areas. These outputs and **research findings are benchmarked** against National & International standards.

- In 2019, in partnership with **AHYUSH (INC), USA**, we created our Corporate Wellness APP, by which we converted all the above physical processes into virtual processes available on the laptop and mobile. This was launched in October 2019 some of its features are weekly health tips as per individual risk, exercise and healthy cooking videos, virtual health and fitness challenges, reward points for activities completed etc.
- The diverse skills required for this comprehensive program is ensured by our **Multidisciplinary team of health professionals** including, Physician, Nurse, Psychologist, Physiotherapist, Nutritionist, Lifestyle counsellors and IT professional.
- In 2020, in partnership with RAK Hospital and UNDRR - ARISE (UAE), complimentary Post COVID-19 recovery & rehabilitation program for all COVID-19 recovering patients was launched. This program was managed by multi-disciplinary team of Physician, Physiotherapist, Nutritionist and Psychologist. To extend this feature to larger community, online COVID Rehab product was created to release rehab prescription. Weekly tips and fortnightly webinars were also conducted for wellbeing of the society.
- During the Pandemic period, we helped various corporates to undertake control of the spread of the infection in their premises.

#### d. ORGANIZATIONS COVERED BY AWLM

AWLM has covered the following organizations under our Corporate Wellness Scheme:

No	Corporate Name	No. of Employees Covered in year							
		2014	2015	2016	2017	2018	2019	2020	2021
1	RAK Ceramic - High Risk	2348	2458	2850	4157	3199	1680		
2	RAK Ceramic-Exec. & Mgrs	1036							
3	Stevin Rock		2920	2761	2862	2596	2289	2549	2112
4	Port		945	953	1008	955	997	787	835
5	Steve Doring		41	500					
6	Sever Glass	191		206	-	230	211	248	
7	Kirby			296	-				
8	Al Hamra			653		624		60	187
9	Hilton			422	420		89		137
10	Electro RAK			170	-				
11	Kludi			136	134				
12	Kojam Jhoom			127	-				
13	RAK Gas			213	194				
14	Ahmed Tea			96	100	108	100		
15	Aurak				150				
16	Guardian Glass				207	252	469		
17	Knauf				108				
18	Lafarge				204				
19	Piekkko				78			51	
20	Star Cement				97				
21	Bradero Shaw		81						
22	Al Kabir		146						
23	Victory		57						
24	Al Thalia		36						
25	Govt. Dept		140						
26	Armord Group		343						
27	Fewa		50						
28	Police HQ		68						
29	Central Jail		198						
30	RAKIA		142						
31	Hyjiya	350	100						
32	Julphar Pharmaceutical	500					527	753	1219

33	Morgan Ceramic	22							
34	School		1980	1020	85				
35	RAK Hospital				288	372	479		
36	Ramdan Screening				118	105			
37	Commercial Bank				64				
38	Screening for Awards	4500							
39	Blue Ring/weight Loss /Willis				636	1146	1217		
40	Mahindra					57			
41	Al Futtain					79			70
42	Ashok Leyland					170			
43	RAK Insurance					138	74		
44	RAK Bank					480			
45	Indian Association					199			
46	Van Oord						47	25	
47	Gyma food						317		
48	HCT						411		
49	Repton school						32		
50	Al Mokhtar Tobacco						49		
51	Neuron						71		
52	Laticrete						49		
53	Mabani Steel						198		
54	X-Chem						40		49
55	Ruchi Cateres						49		
56	Dabur						97	130	135
57	Bin Majid						130		
58	Future Vision						49		
59	IDO						39		
60	Cardiac Camp						74		
61	Ritz-Carlton							113	
62	MHSU							145	
63	Cove Rotana								137
64	Waldorf Astoria								54
65	JSW Steel								127
66	Anchor Allied								169
	<b>Total</b>	<b>8947</b>	<b>9705</b>	<b>10403</b>	<b>10910</b>	<b>10710</b>	<b>9784</b>	<b>4861</b>	<b>5231</b>





## 2: YEAR 2020 & 2021 IN A NUTSHELL

### ACTIVITIES CONDUCTED BY ARABIAN WELLNESS IN 2020 & 2021

#### a. Health Screening & Health Talks

Screening, Counseling & Health Talks				
Sl.No. No.	Organization	Activities	Location	Employees
1	Stevin Rock	Screening, Counseling, Health Talks	Company Site	4661
2	Ports	Screening, Counseling, Health Talks	Company Site	1622
3	Saver Glass	Screening, Counseling, Health Talks	Company Site	248
4	JSW Steel	Screening, Counseling	Company Site	127
5	Al Hamra Real Est.	Screening, Counseling	Company Site	247
6	X-Chem	Screening, Counseling	Company Site	49
7	Hilton	Screening, Counseling	Company Site	137
8	Dabur	Screening, Counseling	Company Site	265
9	Cove Rotana	Screening, Counseling	Company Site	137
10	Piekko	Screening, Counseling	Company Site	51
11	Medical University	Screening, Counseling	University Site	145
12	Anchor Allied	Screening, Counseling	Company Site	169
13	Ritz-Carlton	Screening, Counseling	Company Site	113
14	Waldorf Astoria	Screening, Counseling	Company Site	54
15	Julphar	Screening, Counseling	Company Site	1978
16	Al Futtain	Screening, Counseling	Company Site	70
Total				10073

**Note :** Out of 10073, health screening done during last two years, 2636 screenings were done for RAK Hospital on request from Marketing Department.

**Biomed & Lifestyle Screening** covers such Medical aspects as BMI, Blood Sugar, Blood Pressure, etc. and Lifestyle factors such as Nutrition, Physical Fitness, Stress, Smoking, Safety, etc. In many corporates, we also undertake the Occupational evaluation covering acuity check, colour vision and Hearing. Each employee receives an individual prescription & counseling.



**Health Education Talks:** We conduct over 300, one hour, Health Education talks each year at the worksite. Our topics include Cardiac Care, Chronic Disease Management, Rules of Good Health, Stress Management, Nutrition & Weight Management, Exercise & Fitness, Quit Smoking, etc. In addition, we also conduct introductory talk on How are You?



## **b. CORPORATE HYGIENE AUDIT 2020**

This activity of Hygiene audit was initiated by IDO and the protocols Department of Ras Al Khaimah. The Hygiene inspection was during the period March – August 2020 in 35 Corporates in Ras Al Khaimah. The inspection was performed by team of specialists consisting of a Doctor, Nurse and Assessor.

In order to detect micro-organisms, Swab samples were taken from various corporate locations including administrative office, clinic, accommodation, kitchen and employee mess area. The sample was then brought and handed over to RAK Hospital lab for processing and on getting the result, areas of microorganism growth were identified and appropriate recommendations were given for maintaining the good hygiene.

### **List of Corporates covered for Hygiene Audit**

<b>Sl.No.</b>	<b>CORPORATE</b>	<b>Sl.No.</b>	<b>CORPORATE</b>
1	RAK Academy	19	RAK Bank
2	RAK Airport	20	Rak Therm Piping Solution
3	Stevin Rock	21	Concrete Technologies
4	RAK Ports	22	Mesc Cables
5	RAK DED	23	Julphar Pharmaceutical
6	RAKEZ	24	Julphar Pharmaceutical
7	RAK Gas	25	RAK Gas
8	Falcon Technologies	26	RAKAAG School
9	RAK Transport	27	Al Yousuf Motors LLC
10	RAK ICC	28	University Of Stirling
11	RAK Hospitality	29	Masafi
12	AURAK	30	Majan Printing
13	RAKMHSU	31	Piekko
14	RAK Modern	32	Masafi
15	Marjan Printing	33	Majan Printing
16	RAKTDA	34	Piekko
17	Power Bar Gulf Al Ghail	35	RAK Gas
18	RAK Modern School		

### c. The RAK Hospital - post COVID-19 recovery & rehabilitation program




After acute COVID-19 illness, many recovered patients continue to complain of chest pain, shortness of breath, fatigue, stress and anxiety, fatigue, body ache, cough, sore throat, difficulty in breathing, etc. Emerging evidence indicates that a majority of people who require hospitalization for COVID-19 experience sequelae such as fatigue and shortness of breath in the months following their hospital discharge. Studies have shown that COVID causing SARS-COV-2 virus is likely to linger in the body, for many months. These problems are described as "long COVID".

RAK Hospital introduced its post COVID recovery rehabilitation program in October 2020. This program is managed by our multi-disciplinary team of Physician, Physiotherapist, Nutritionist and Psychologist. In this program our specialist assesses the recovering COVID patients medical details, test results, co morbidities, symptoms, etc. and makes available suggestions in all areas including Medical, Exercise Activity, Nutrition & Diet, Dependency Management and Stress, and Mental wellbeing for speedy recovery covering

**RAK HOSPITAL POST COVID19- RECOVERY PROGRAM**



Recover faster • Recover better • Recover at home



Doctor Consultation   Diet Counselling   Physiotherapy Session   Psychologist Consultation


**The RAK Hospital post COVID19- recovery & rehabilitation program is provided as a complementary, free of charge program to all COVID19- recovering patients**


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#### **d. ONLINE COVID-19 REHABILITATION PROGRAM**

RAK Hospital partnered with ARISE, UAE to launch Middle East's first ever comprehensive 'Online COVID-19 Rehabilitation Program', which will be offered to patients suffering from long COVID symptoms. ARISE, the Private Sector Alliance for Disaster Resilient Societies, is a network of private sector entities led by the UN Office for Disaster Risk Reduction (UNDRR).

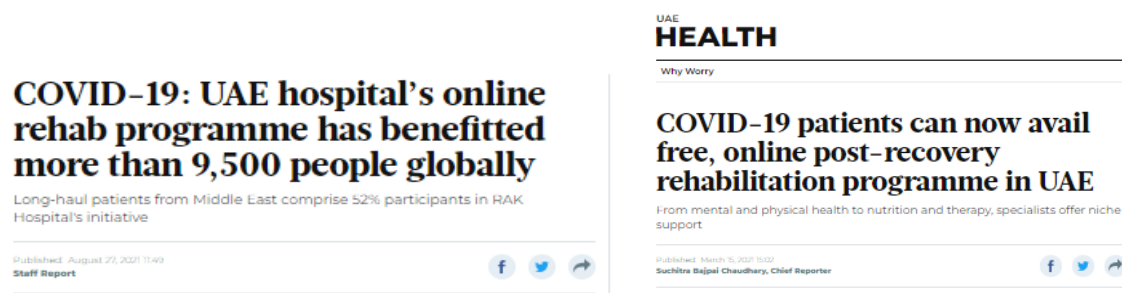
Various facilities that were provided through this online program were:

Webinars : To keep the COVID recovering patients involved, fortnightly webinars were made available for eminent professionals from various health and wellness field covering the Medical, Diet, Exercise, Stress and recent development relating to COVID where more than 2000 patients connected the live session and hundreds of more patients viewed them later based on their comfort. Details of topics covered are given below:

Sl.No.	Topic
1	Coping with COVID 19 - An Introduction
2	Effect of Long COVID on Brain & Emotions
3	Post COVID Digestive Disorders & its Remedies
4	Post COVID Fatigue & Its Management
5	Post COVID Respiratory Disorders & Its Management
6	Post COVID Musculoskeletal Discomfort & Management
7	Post COVID Diabetes Management
8	SARS-COV2 Testing, Vaccine, Immunity & Myths 2 Facts
9	Post COVID Hypertension and Its Management
10	Post COVID ENT / Eye Disorders & Its Management
11	Obesity Syndrome & Its Management
12	Post COVID Cardiac Care
13	Effects Of Smoking On COVID-19 & Its Management
14	The Black Fungus & COVID-19 Infection Control
15	COVID Survivors & Warriors
16	Role of Antibody & Booster Vaccine
17	Children & Current Pandemic
18	SARS CoV2 Variants & Travails of Global Travel

**Health Evaluation & Prescription :** The online COVID Rehab product assesses the recovering COVID patients medical details, test results, if available, co morbidities, symptoms, etc. and instantly makes available a comprehensive online COVID rehab health prescription for speedy recovery covering all areas including Medical, Exercise Activity, Nutrition & Diet, Dependency Management and Stress, and Mental wellbeing.

**Health Tips :** Weekly COVID based Health Tips (22 No.) were made available to the registered patients on various aspects such as Diet, Exercise, Metal Well being, Sleep, Hygiene, Dependency Management, etc. Sample of the tip is given below



- e. COVID TESTS :** AWLM supported the RAK Hospital and getting the business of COVID test from various corporates. Since the period COVID Tests started in RAK Hospital, we have helped in getting over 20,000 checks from the following corporates.

Sl.No	Corporate
1	Stevin Rock
2	Saver Glass
3	RAK Packaging
4	Decaf Dessert and Coffee
5	NDP (Naquaa Desalination Plant)
6	SIDEM
7	Gems School
8	Nomac - Group company of NDP
9	Gurdian Glass

**f. HEALTH & MEDICAL CHECKUP :**

Arabian Wellness undertook the initiative of coordinating and scheduling of the health & medical checkup of various corporates covering around 500 checkups in the year 2021.

Sl.No.	Corporate Name
1	Naquaa Desalination Plant
2	Investment & Development Office
3	RAK Media
4	RAK Economic Zone
5	RAK Hospitality
6	RAK International Corporate Centre
7	Marjan Island
8	RAK Human Resources
9	RAK Tourism Development



**Package includes:**

**1. Pathological Test**

- Complete Blood Count  
(Haemoglobin, Red Blood Count, White Blood Count, Platelet Count)
- Biochemistry  
(Glucose Fasting, HbA1c)
- Kidney Function  
(Blood Urea, Creatinine, Uric Acid)
- Lipid Profile  
(Total Cholesterol, HDL, LDL, VLDL, Triglyceride)
- Liver Function Test  
(Total Protein, Albumin, Bilirubin Total, ALP, AST/SGOT, ALT/SGPT, GGT)

**2. Urine & Stool Test**

- Urine Routine & Microscopy

**3. Radiology**

- Ultrasound (Whole Abdomen)
- X-Ray Chest

**4. Other Investigations**

- ECG

**5. Consultation & Examination**

- Clinical Examination and Consultation by Physician

**6. Medical Report**






**Complimentary along with the Basic Health Checkup**

- |                               |                                           |                                |
|-------------------------------|-------------------------------------------|--------------------------------|
| • Dental (Oral Camera X-ray)  | • Bone Density (for above 45 yrs)         | • Podiatry (Foot Care)         |
| • Ophthalmology (Eye testing) | • Gynae & Mammogram<br>(for above 40 yrs) | • Nutrition & Diet Counselling |
| • Dermatology (Skin)          |                                           | • Mental Wellbeing Counselling |



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[www.rakhospital.com](http://www.rakhospital.com)    #RakHospital

### CHAPTER 3: AWLM Revenue 2014 – 2021 (in AED)

Particulars	2021	2020 *	2019	2018	2017	2016	2015	2014
<b>Revenue</b>	<b>Confidential</b>							
Consumables								
Staff Cost								
Rent								
Other Admin								
<b>EBITDA</b>								
Finance Charge								
Depreciation								
<b>Net Profit</b>								

\*-Due to COVID-19, Physical Screening was discontinued for more than 6 months and thereafter undertaken in limited way.

#### Revenue Analysis:

1. In the year 2013 after inception Arabian Wellness got their 1<sup>st</sup> order from RAK Ceramic to undertake wellness screening of their 1500 High Risk Employees which was completed successfully.
2. In the year 2014, we increased the no. of High Risk employees in RAK Ceramic to 2300 for Wellness Activity. Apart from RAK Ceramic we signed up with many more Corporate for the Wellness activities.
3. In the year 2015, we received additional business from Stevin Rock and RAK Port for over 3500 lives. We also initiated School Health Plan and managed to associate with RAK Academy for screening of over 3000 students.
4. In the year 2016, we managed to have the Wellness association with 3 largest tie ups we had in earlier years i.e. RAK Ceramic, Stevin Rock and RAK Port. After understanding the role of Insurance in Corporate Health, we tied up with RAK Insurance for jointly pitching the health improvement program to various corporate and through this tie up we received 5 corporate with over 1500 lives.
5. In the year 2017, keeping in mind the shrinking of employees strength in large Corporates, we extended our reach to many more corporate of smaller size and managed to tie up many new corporates. In addition RAK Hospital included us as executor for all their corporate clients.

6. In the year 2018, the employee strength in various corporates reduced due to downsizing, etc. The major set back was from RAK Ceramic, where we were able to given approx. 1000 employees less as compared to year 2017. Smaller corporates changed their annual wellness activity to alternate year activity due to budget constraints.
7. In the year 2019, we lost one of our big client and because of this our lives cover have dropped significantly, but to make this us, we initiated, through RAK Hospital, to reach out to all their important corporate and in this sequence we managed to screen 1477 lives in 14 Corporates.
8. In the year 2020 and 2021, due to pandemic, the health screening was very much restricted and thus revenue for these two years from health screening was lower.
9. In the year 2021, AWLM undertook the health checkup of various corporates and in the year 2021 we were able to organize health checkups for around 500 employees.

**AWLM's contribution to RAK Hospital revenues:** AWLM'S contribution to RAK Hospital in the year 2021 was over AED 1.4 million on account of making available, corporate clients for COVID screening & for the Swiss Health Checkup

Month	COVID	Health Checkup	Total
Jan. 2021	<b>Confidential</b>		
Feb. 2021			
Mar. 2021			
Apr. 2021			
May. 2021			
Jun. 2021			
Jul. 2021			
Aug. 2021			
Sept. 2021			
Oct. 2021			
Nov. 2021			
Dec. 2021			
<b>Total</b>			

**Arabian Wellness Revenue Actual & Projection (in AED):**

	2016	2017	2018	2019	2020	2021	2022
<b>Revenue</b>	<b>Confidential</b>						

## CHAPTER 4: 2020 & 2021 CLIENT RECORD & REVIEW

Details of health status of the following corporates are in subsequent pages

S. No.	Organization	Employees	Year
1	Stevin Rock	2240 / 2638	2020 – 2021
2	RAK Ports	682 / 832	2020 – 2021
3	Julphar	1154 / 1253	2020 – 2021
4	Saver Glass	232 / 229	2019 – 2020
5	Dabur	130 / 136	2020 - 2021
6	Hilton	89 / 138	2019 – 2021
7	Al Hamra	66 / 179	2020 - 2021
8	Van Oord	47 / 25	2019 – 2020

Our endeavour is to make available a comprehensive & year round Employee Engagement Plan in order to ensure Annual Health Improvement in employees and as a consequence for the corporate also. In the charts that follow, we show a year on year review of long term associates.

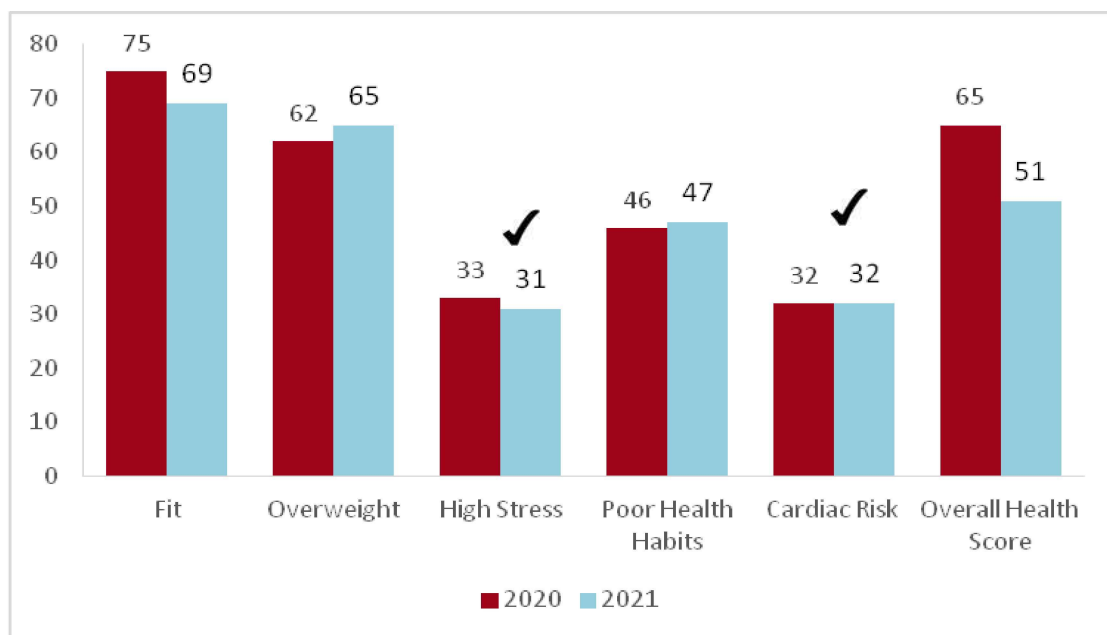


## STEVIN ROCK

### COMPARATIVE GROUP PROFILE FOR 2020 & 2021

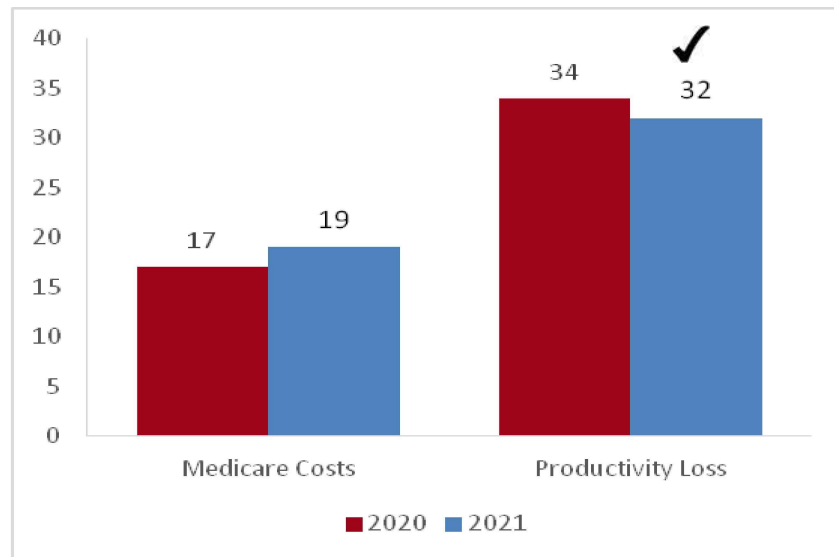
2240 numbers of employees participated in the Health Screening in the year 2020 and similarly 2638 number of employees participated in the Health Screening in the year 2021.

#### HEALTH PROFILE 2020/ 2021



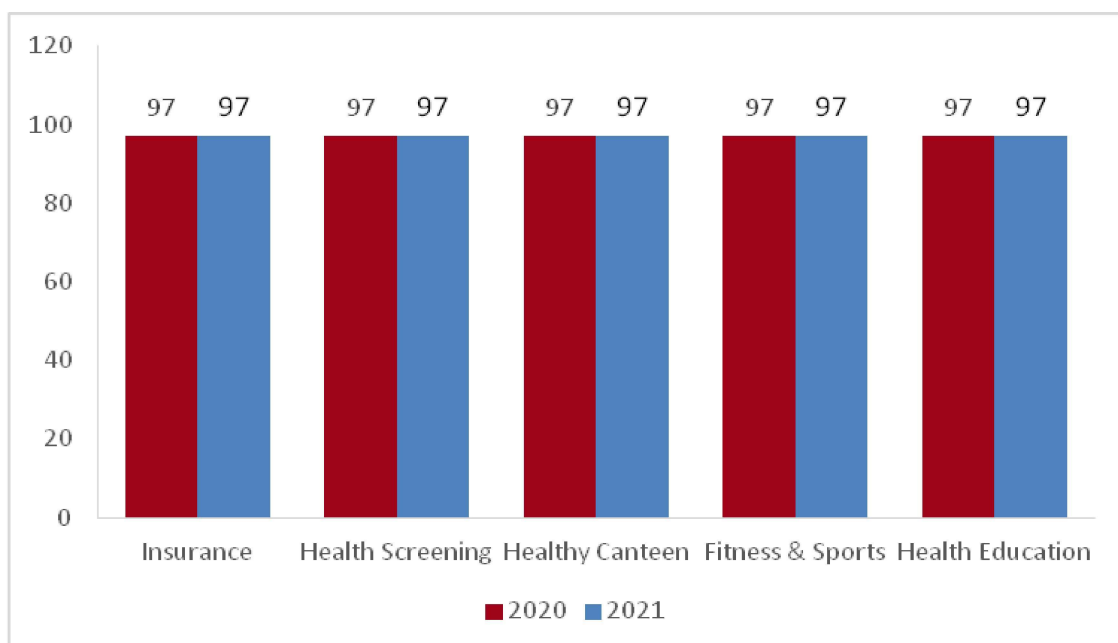
- a) **FITNESS:** Physical fitness has decreased from 75% to 69%
- b) **OVERWEIGHT:** Overweight has increased from 62% to 65%
- c) **STRESS:** Stress has decreased from 33% to 31%.
- d) **POOR HEALTH HABITS:** Comprising of smoking, alcohol and poor safety adherence has increased from 46% to 47%.
- e) **CARDIAC RISK:** Including HBP, Diabetes, existing ailments, etc is stable at 32%.
- f) **OVERALL HEALTH STATUS:** The overall health status of the company has decreased from 65% to 51%.

### HEALTH & PRODUCTIVITY PROFILE 2020/ 2021



- a) **MEDICARE COSTS:** Chronic medication employees have increased from 17% to 19%.
- b) **PRODUCTIVITY LOSS:** As a consequence of health status, productivity loss has decreased from 34% to 32%.

### CORPORATE HEALTH FACILITIES PROVIDED 2020/ 2021



- a) **INSURANCE:** In 2020 & 2021, 97% employees confirmed having insurance provided.
- b) **ANNUAL HEALTH SCREENING:** Utilization in 2020 & 2021 was 97%.
- c) **HEALTHY CANTEEN FOOD:** In 2020, 97% employees found the canteen food healthy as compared to 97% in 2021.
- d) **FITNESS & SPORTS:** In 2020, 97% employees utilized the fitness and sports activities provided as opposed to 97% in 2021.
- e) **HEALTH EDUCATION:** In 2020, 97% of employees were provided with Health Education classes as opposed to 97% who utilized this facility in 2021.

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Dr. H. S. Wilkhoo  
Head – Operations  
Arabian Wellness & Lifestyle Management

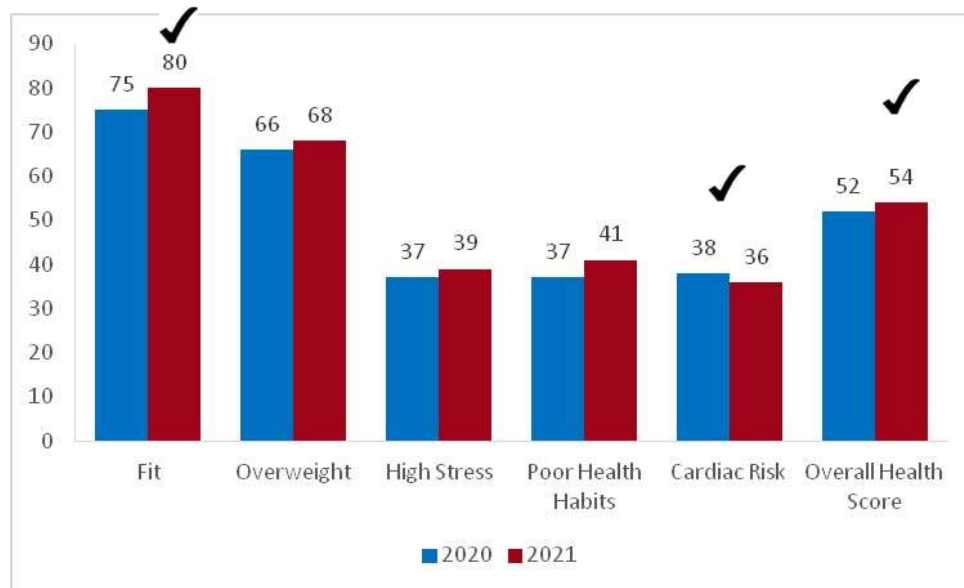
Mr. Tenali Srikanth  
IT Head  
Arabian Wellness & Lifestyle Management

## RAS AL KHAIMAH PORTS

### COMPARATIVE GROUP PROFILE FOR 2020 & 2021

682 numbers of employees participated in the Health Screening in the year 2020 and similarly 832 number of employees participated in the Health Screening in the year 2021.

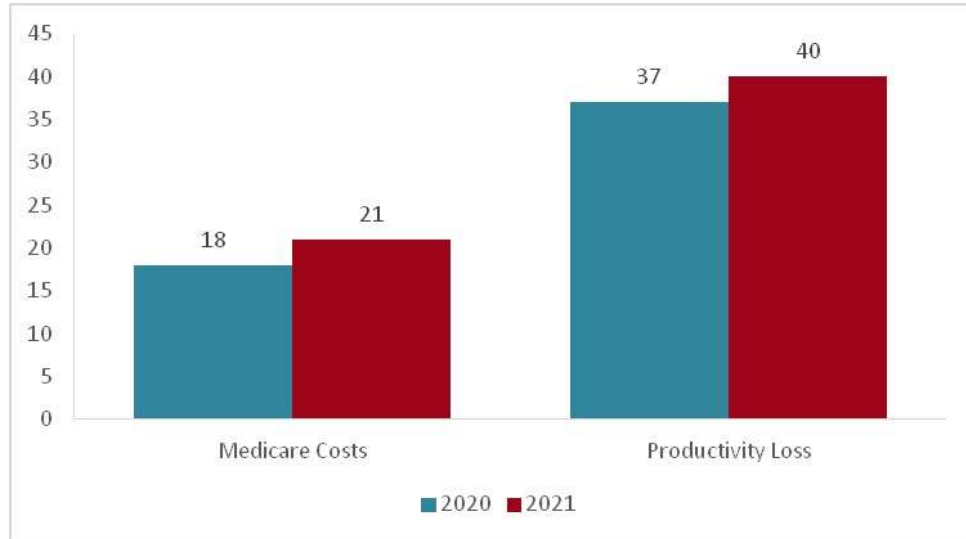
#### HEALTH PROFILE 2020/ 2021



- a) **FITNESS:** Physical fitness has increased from 75% to 80%.
- b) **OVERWEIGHT:** Overweight has increased from 66% to 68%
- c) **STRESS:** Stress has increased from 37% to 39%.
- d) **POOR HEALTH HABITS:** Comprising of smoking, alcohol and poor safety adherence has increased from 37% to 41%.
- e) **CARDIAC RISK:** Including HBP, Diabetes, existing ailments, etc decreased from 38% to 36%
- f) **OVERALL HEALTH STATUS:** The overall health status of the company has increased from 52% to 54%

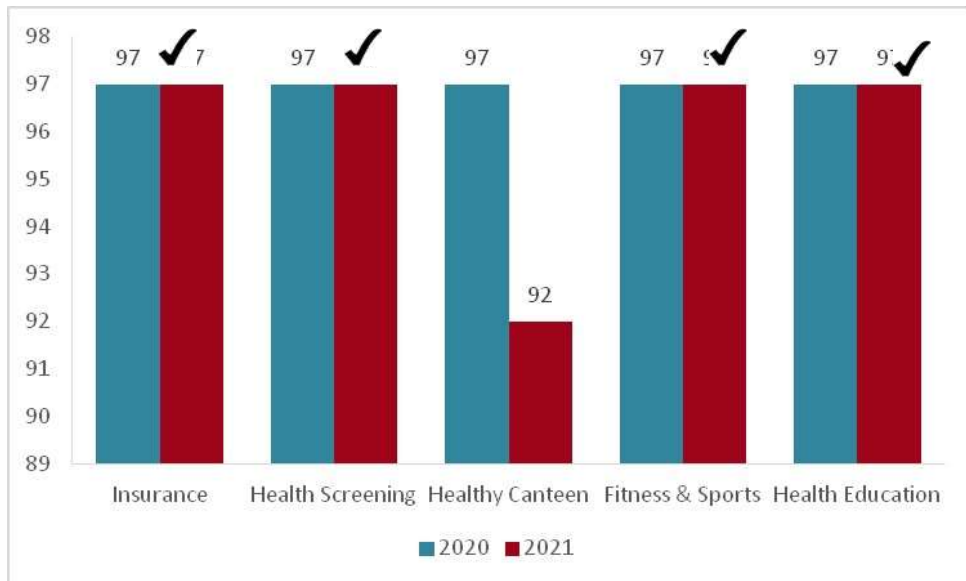


### HEALTH & PRODUCTIVITY PROFILE 2020/ 2021



- a) **MEDICARE COSTS:** Chronic medication employees have increased from 18% to 21%.
- b) **PRODUCTIVITY LOSS:** As a consequence of health status, productivity loss has increased from 37% to 40%.

### CORPORATE HEALTH FACILITIES PROVIDED 2020/ 2021



- a) **INSURANCE:** In 2020 & 2021, 97% employees confirmed having insurance provided.
- b) **ANNUAL HEALTH SCREENING:** Utilization in 2020 & 2021 was 97%.
- c) **HEALTHY CANTEEN FOOD:** In 2020, 97% employees found the canteen food healthy as compared to 92% in 2021.
- d) **FITNESS & SPORTS:** In 2020, 97% employees utilized the fitness and sports activities provided as opposed to 97% in 2021.
- e) **HEALTH EDUCATION:** In 2020, 97% of employees were provided with Health Education classes as opposed to 97% who utilized this facility in 2021.

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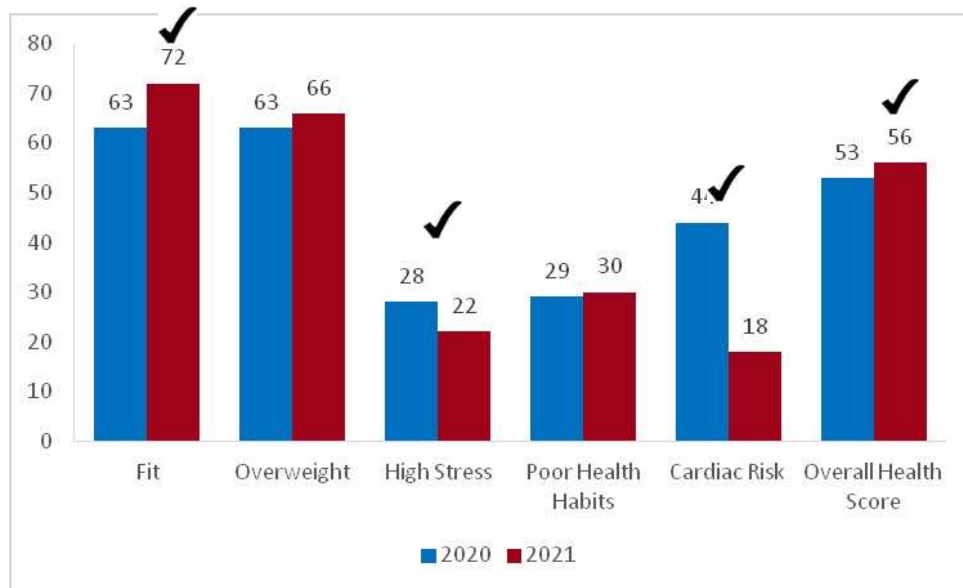
Mr. Tenali Srikanth  
IT Programmer & Software Developer  
Arabian Wellness & Lifestyle Management

## GULF JULPHAR PHARMACEUTICALS

### COMPARATIVE GROUP PROFILE FOR 2020 & 2021

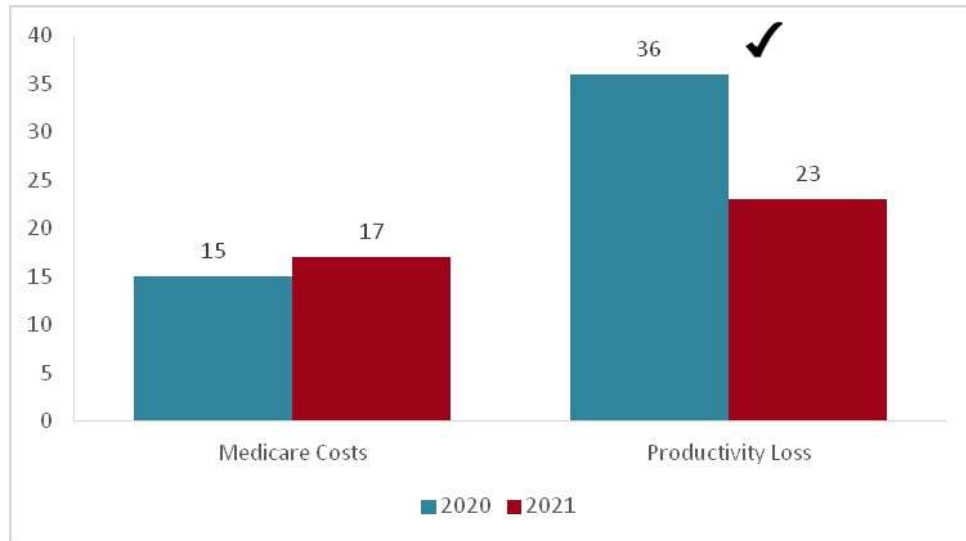
1154 numbers of employees participated in the Health Screening in the year 2020 and similarly 1253 number of employees participated in the Health Screening in the year 2021.

#### HEALTH PROFILE 2020/ 2021



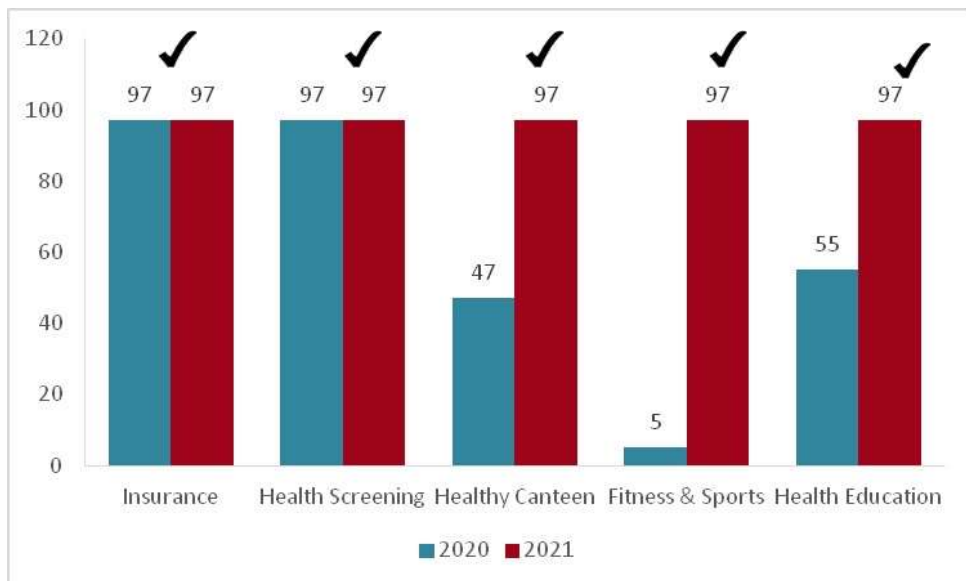
- a) **FITNESS:** Physical fitness has increased from 63% to 72%.
- b) **OVERWEIGHT:** Overweight has increased from 63% to 66%
- c) **STRESS:** Stress has decreased from 28% to 22%.
- d) **POOR HEALTH HABITS:** Comprising of smoking, alcohol and poor safety adherence has increased from 29% to 30%.
- e) **CARDIAC RISK:** Including HBP, Diabetes, existing ailments, etc decreased from 44% to 18%
- f) **OVERALL HEALTH STATUS:** The overall health status of the company has increased from 53% to 56%

### HEALTH & PRODUCTIVITY PROFILE 2020/ 2021



- a) **MEDICARE COSTS:** Chronic medication employees have increased from 15% to 17%.
- b) **PRODUCTIVITY LOSS:** As a consequence of health status, productivity loss has decreased from 36% to 23%.

### CORPORATE HEALTH FACILITIES PROVIDED 2020/ 2021



- a) **INSURANCE:** In 2020 & 2021, 97% employees confirmed having insurance provided.
- b) **ANNUAL HEALTH SCREENING:** Utilization in 2020 & 2021 was 97%.
- c) **HEALTHY CANTEEN FOOD:** In 2020, 47% employees found the canteen food healthy as compared to 97% in 2021.
- d) **FITNESS & SPORTS:** In 2020, 5% employees utilized the fitness and sports activities provided as opposed to 97% in 2021.
- e) **HEALTH EDUCATION:** In 2020, 55% of employees were provided with Health Education classes as opposed to 97% who utilized this facility in 2021.

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Dr. H. S. Wilkhoo  
Head – Operations  
Arabian Wellness & Lifestyle Management

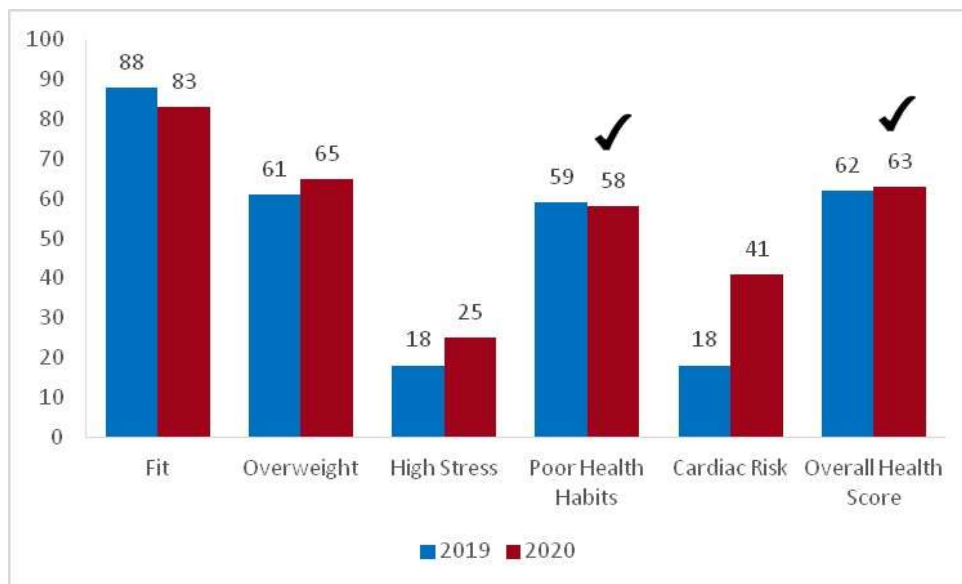
Mr. Tenali Srikanth  
IT Programmer & Software Developer  
Arabian Wellness & Lifestyle Management

## SAVER GLASS

### COMPARATIVE GROUP PROFILE FOR 2019 & 2020

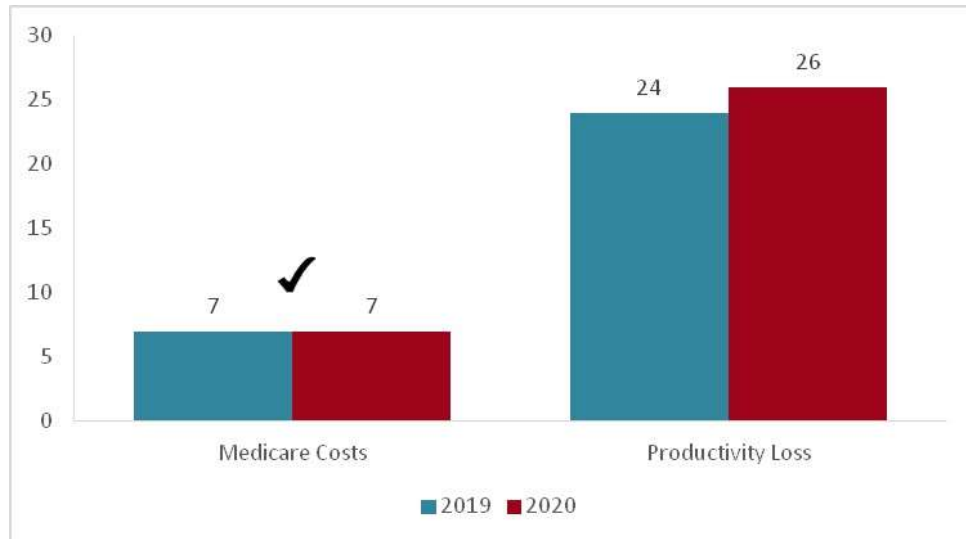
232 numbers of employees participated in the Health Screening in the year 2019 and similarly 229 number of employees participated in the Health Screening in the year 2020.

#### HEALTH PROFILE 2019/ 2020



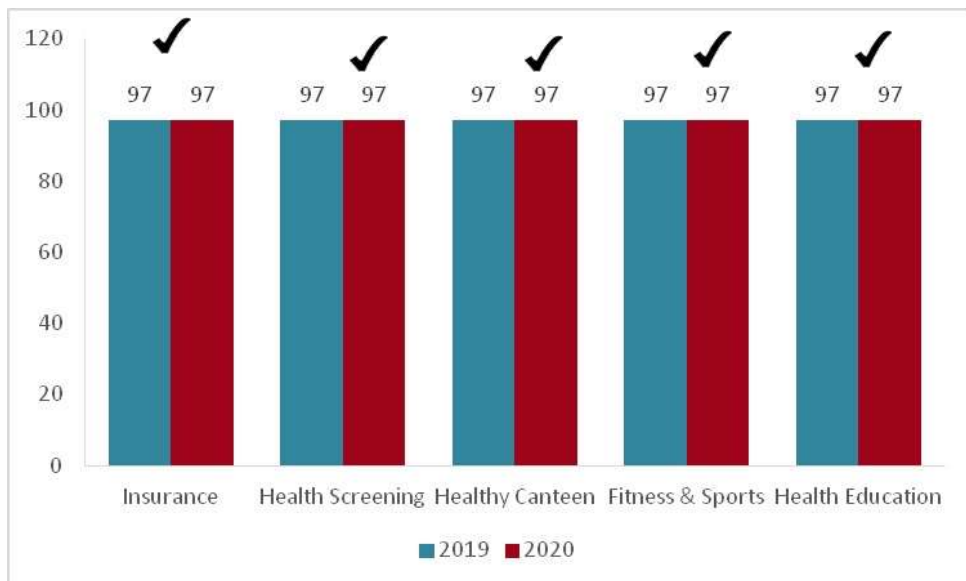
- a) **FITNESS:** Physical fitness has decreased from 88% to 83%.
- b) **OVERWEIGHT:** Overweight has increased from 61% to 65%
- c) **STRESS:** Stress has increased from 18% to 25%
- d) **POOR HEALTH HABITS:** Comprising of smoking, alcohol and poor safety adherence has decreased from 59% to 58%.
- e) **CARDIAC RISK:** Including HBP, Diabetes, existing ailments, etc. has increased from 18% to 41%.
- f) **OVERALL HEALTH STATUS:** The overall health status of the company has decreased from 63% to 50%.

### HEALTH & PRODUCTIVITY PROFILE 2019/ 2020



- a) **MEDICARE COSTS:** Chronic medication employees is stable at 7%.
- b) **PRODUCTIVITY LOSS:** As a consequence of health status, productivity loss has increased from 24% to 26%.

### CORPORATE HEALTH FACILITIES PROVIDED 2019/ 2020



- a) **INSURANCE:** In 2019 & 2020, 97% employees confirmed having insurance provided.
- b) **ANNUAL HEALTH SCREENING:** Utilization in 2019 & 2020 was 97%.
- c) **HEALTHY CANTEEN FOOD:** In 2019 & 2020, 97% employees found the canteen food healthy.
- d) **FITNESS & SPORTS:** In 2019, 97% & 2020, 97% employees utilized the fitness and sports activities provided.
- e) **HEALTH EDUCATION:** In 2019, 97% & 2020, 97% of employees were provided with Health Education classes.

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Dr. H. S. Wilkhoo  
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IT Programmer & Software Developer  
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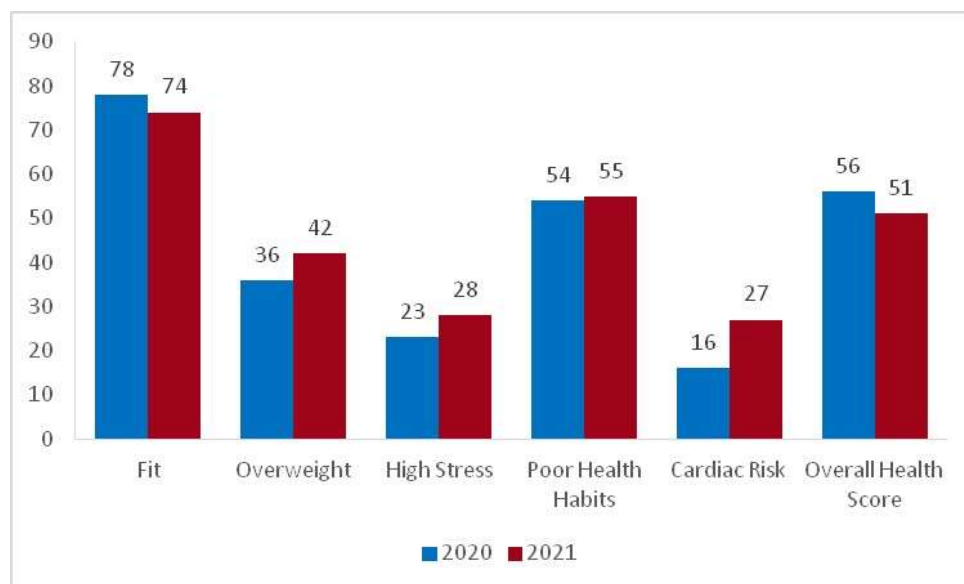


## DABUR

### COMPARATIVE GROUP PROFILE FOR 2020 & 2021

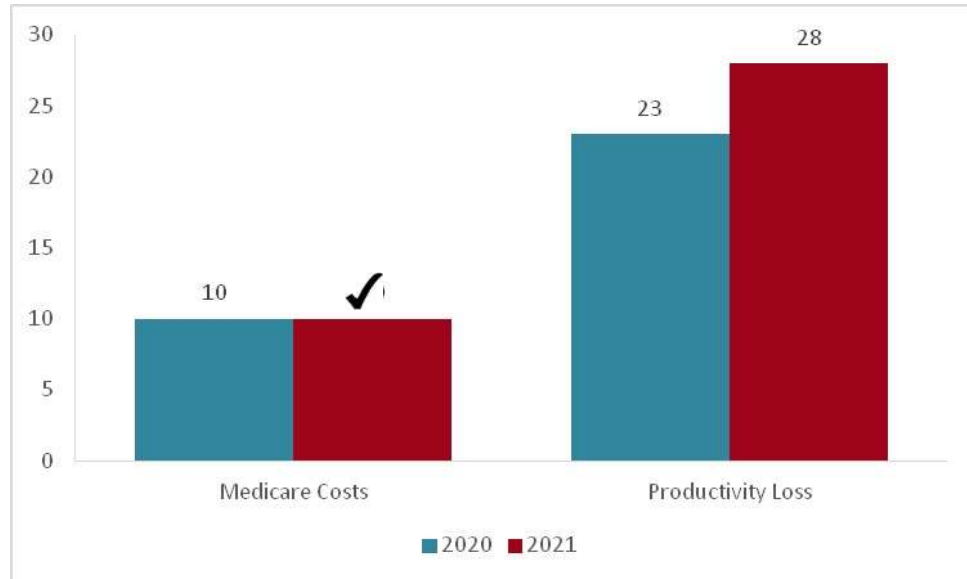
130 numbers of employees participated in the Health Screening in the year 2020 and similarly 136 number of employees participated in the Health Screening in the year 2021.

#### HEALTH PROFILE 2020/ 2021



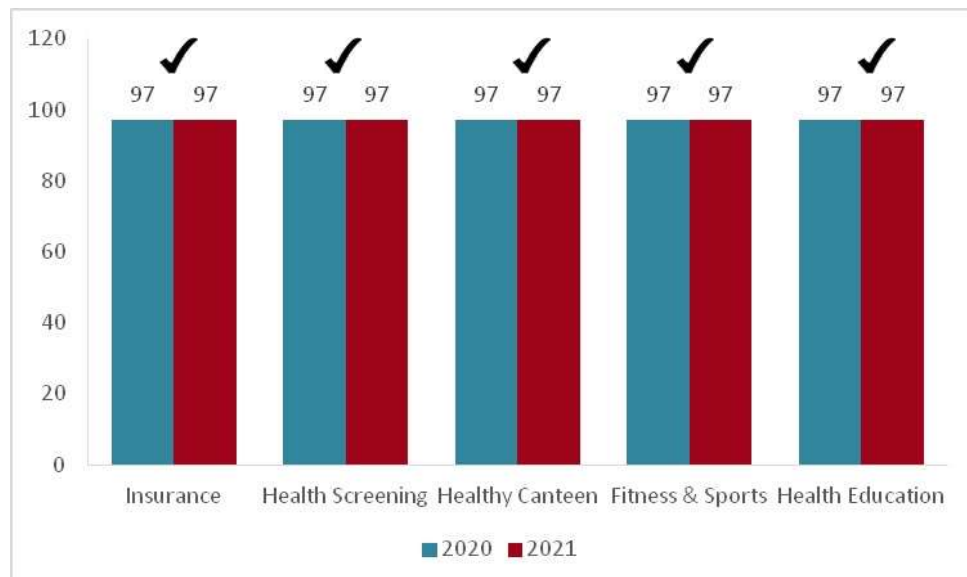
- a) **FITNESS:** Physical fitness has decreased from 78% to 74%.
- b) **OVERWEIGHT:** Overweight has increased from 36% to 42%
- c) **STRESS:** Stress has increased from 23% to 28%.
- d) **POOR HEALTH HABITS:** Comprising of smoking, alcohol and poor safety adherence has increased from 54% to 55%.
- e) **CARDIAC RISK:** Including HBP, Diabetes, existing ailments, etc have been increased from 16% to 27%.
- f) **OVERALL HEALTH STATUS:** The overall health status of the company has decreased from 56% to 51%.

### HEALTH & PRODUCTIVITY PROFILE 2020/ 2021



- a) **MEDICARE COSTS:** Chronic medication employees is at 10%.
- b) **PRODUCTIVITY LOSS:** As a consequence of health status, productivity loss has increased from 23% to 28%.

### CORPORATE HEALTH FACILITIES PROVIDED 2020/ 2021



- a) **INSURANCE:** In 2020 & 2021, 97% employees confirmed having insurance provided.
- b) **ANNUAL HEALTH SCREENING:** Utilization in 2020 & 2021 was 97%.
- c) **HEALTHY CANTEEN FOOD:** : In 2020 & 2021, 97% employees found the canteen food healthy.
- d) **.FITNESS & SPORTS:** In 2020 & 2021, 97% employees utilized the fitness and sports activities provided.
- e) **HEALTH EDUCATION:** : In 2020 & 2021, 97% employees were provided with Health Education classes.

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Dr. H. S. Wilkhoo  
Head – Operations  
Arabian Wellness & Lifestyle Management

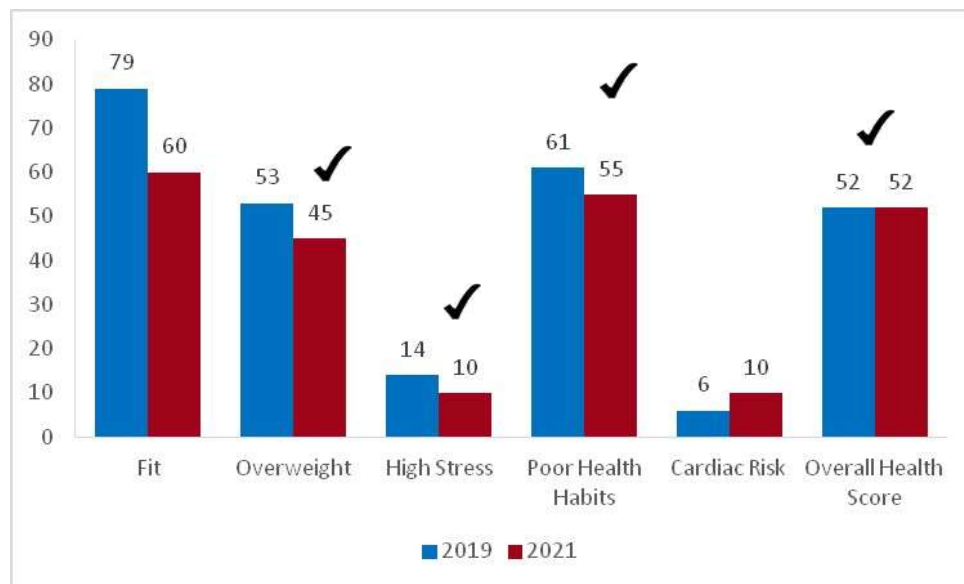
Mr. Tenali Srikanth  
IT Programmer & Software Developer  
Arabian Wellness & Lifestyle Management

## HILTON

### COMPARATIVE GROUP PROFILE FOR 2019 & 2021

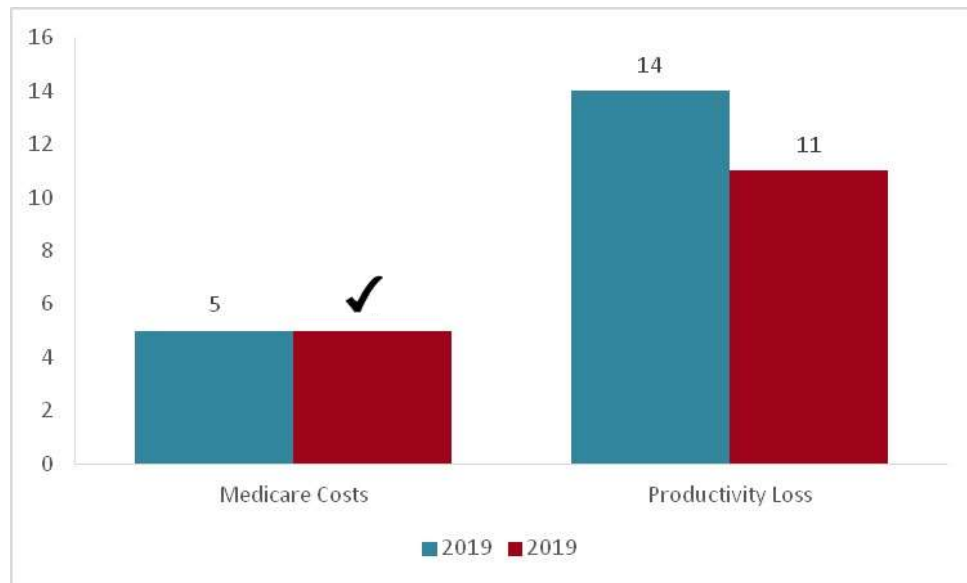
89 numbers of employees participated in the Health Screening in the year 2019 and similarly 138 number of employees participated in the Health Screening in the year 2021.

#### HEALTH PROFILE 2019/ 2021



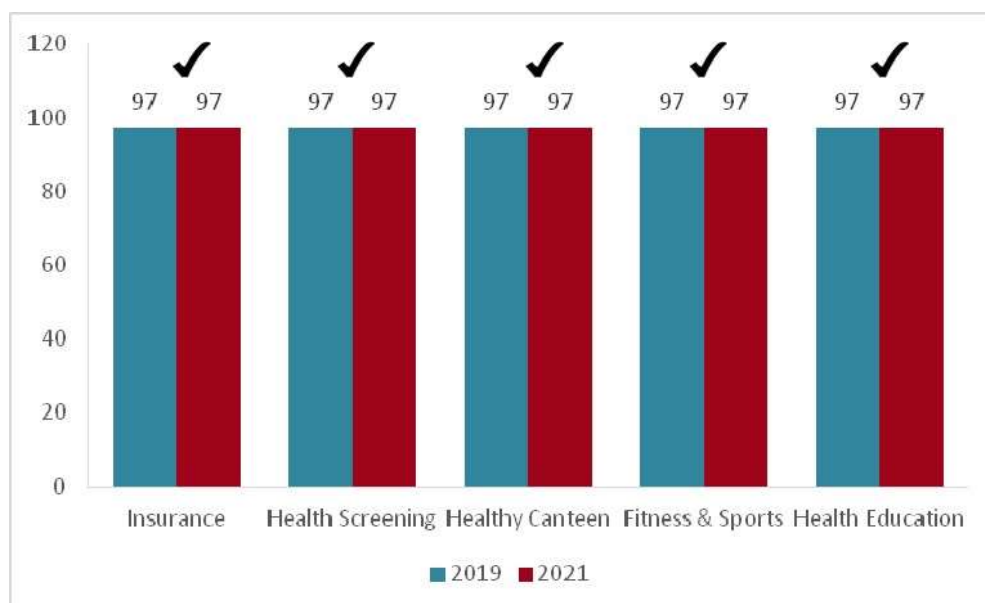
- a) **FITNESS:** Physical fitness has decreased from 79% to 60%.
- b) **OVERWEIGHT:** Overweight has decreased from 53% to 45%
- c) **STRESS:** Stress has decreased from 14% to 10%.
- d) **POOR HEALTH HABITS:** Comprising of smoking, alcohol and poor safety adherence has decreased from 61% to 55%.
- e) **CARDIAC RISK:** Including HBP, Diabetes, existing ailments, etc have been increased from 6% to 10%.
- f) **OVERALL HEALTH STATUS:** The overall health status of the company has been stable at 52%.

### HEALTH & PRODUCTIVITY PROFILE 2019/ 2021



- a) **MEDICARE COSTS:** Chronic medication employees is at 05%.
- b) **PRODUCTIVITY LOSS:** As a consequence of health status, productivity loss has decreased from 14% to 11%.

### CORPORATE HEALTH FACILITIES PROVIDED 2019/ 2021



- a) **INSURANCE:** In 2019 & 2021, 97% employees confirmed having insurance provided.
- b) **ANNUAL HEALTH SCREENING:** Utilization in 2019 & 2021 was 97%.
- c) **HEALTHY CANTEEN FOOD:** : In 2019 & 2021, 97% employees found the canteen food healthy.
- d) **.FITNESS & SPORTS:** In 2019 & 2021, 97% employees utilized the fitness and sports activities provided.
- e) **HEALTH EDUCATION:** : In 2019 & 2021, 97% employees were provided with Health Education classes.

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Dr. H. S. Wilkhoo  
Head – Operations  
Arabian Wellness & Lifestyle Management

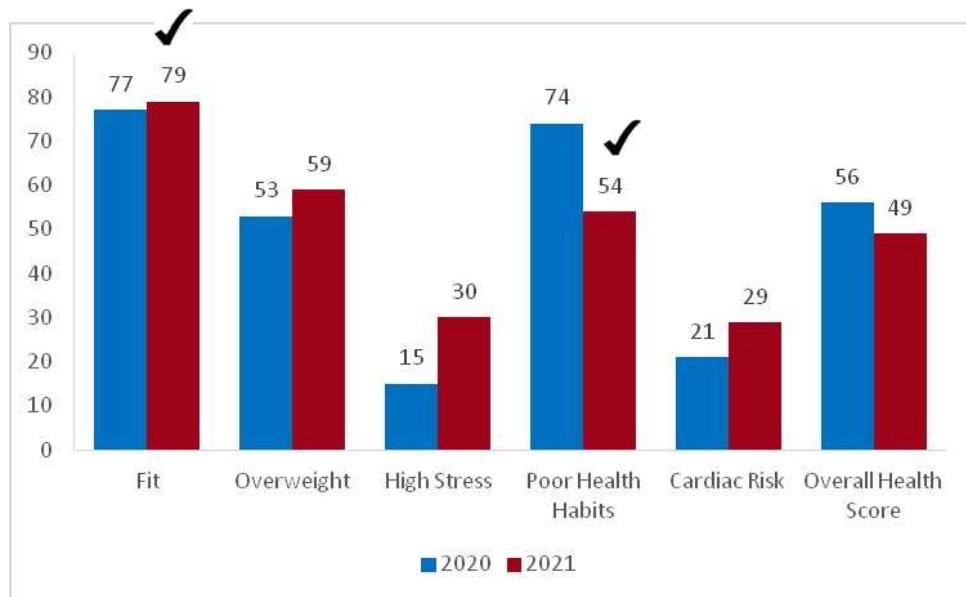
Mr. Tenali Srikanth  
IT Programmer & Software Developer  
Arabian Wellness & Lifestyle Management

## AL HAMRA

### COMPARATIVE GROUP PROFILE FOR 2020 & 2021

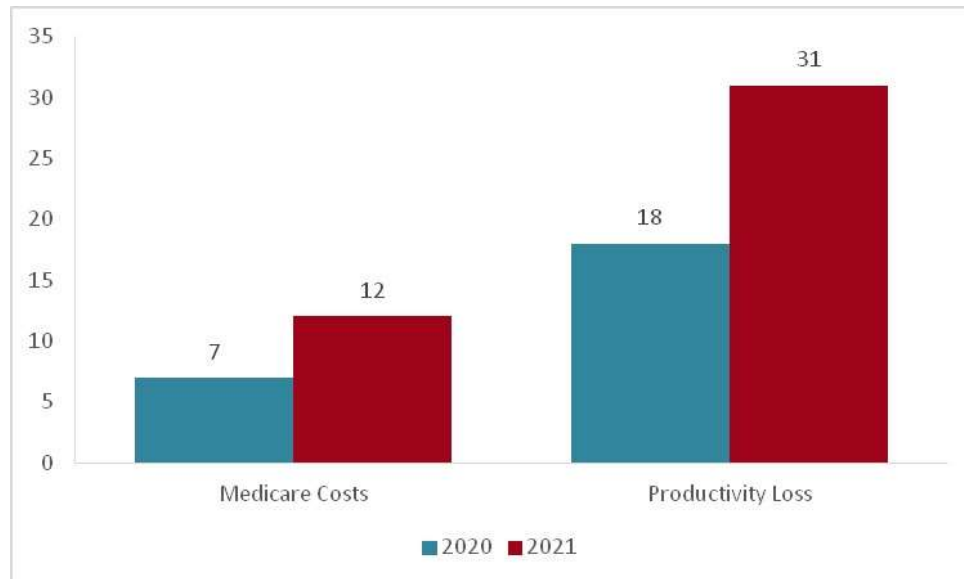
66 numbers of employees participated in the Health Screening in the year 2020 and similarly 179 number of employees participated in the Health Screening in the year 2021.

#### HEALTH PROFILE 2020/ 2021



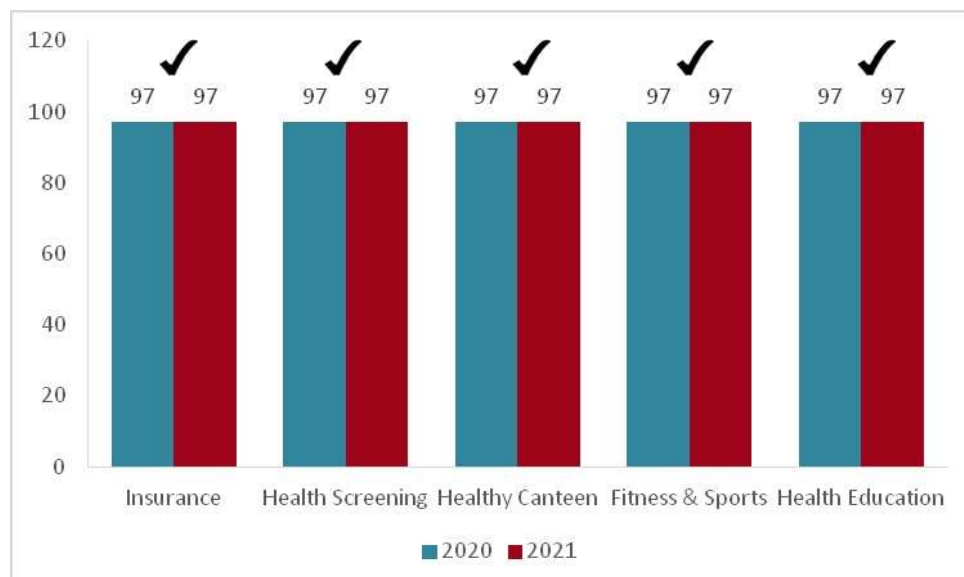
- a) **FITNESS:** Physical fitness has increased from 77% to 79%.
- b) **OVERWEIGHT:** Overweight has increased from 53% to 59%
- c) **STRESS:** Stress has increased from 15% to 30%.
- d) **POOR HEALTH HABITS:** Comprising of smoking, alcohol and poor safety adherence has decreased from 74% to 54%.
- e) **CARDIAC RISK:** Including HBP, Diabetes, existing ailments, etc have been increased from 21% to 29%.
- f) **OVERALL HEALTH STATUS:** The overall health status of the company has decreased from 56% to 49%.

### HEALTH & PRODUCTIVITY PROFILE 2020/ 2021



- a) **MEDICARE COSTS:** Chronic medication employees are increased from 7% to 12%.
- b) **PRODUCTIVITY LOSS:** As a consequence of health status, productivity loss has increased from 18% to 31%.

### CORPORATE HEALTH FACILITIES PROVIDED 2020/ 2021





- a) **INSURANCE:** In 2020 & 2021, 97% employees confirmed having insurance provided.
- b) **ANNUAL HEALTH SCREENING:** Utilization in 2020 & 2021 was 97%.
- c) **HEALTHY CANTEEN FOOD:** : In 2020 & 2021, 97% employees found the canteen food healthy.
- d) **.FITNESS & SPORTS:** In 2020 & 2021, 97% employees utilized the fitness and sports activities provided.
- e) **HEALTH EDUCATION:** : In 2020 & 2021, 97% employees were provided with Health Education classes.

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Dr. H. S. Wilkhoo  
Head – Operations  
Arabian Wellness & Lifestyle Management

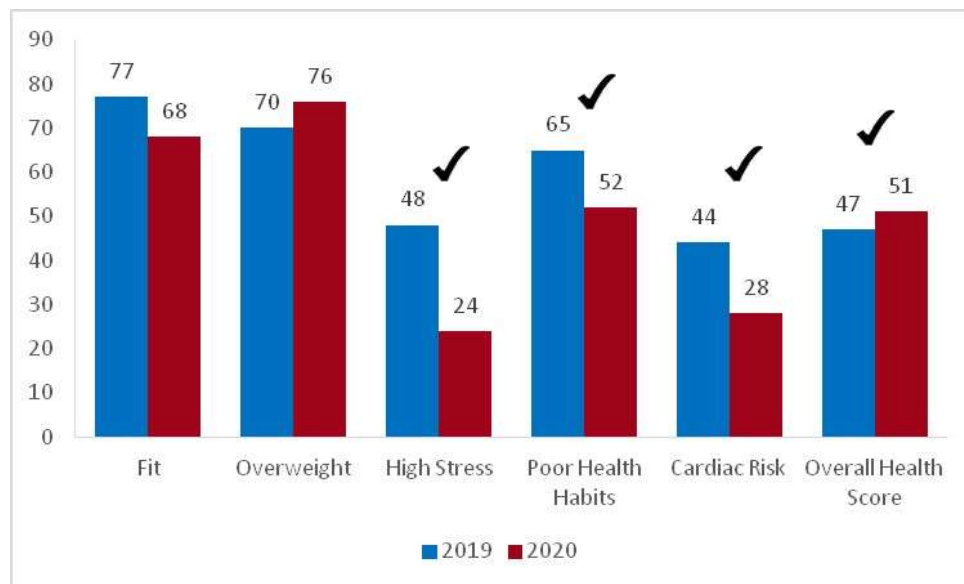
Mr. Tenali Srikanth  
IT Programmer & Software Developer  
Arabian Wellness & Lifestyle Management

## VAN OORD

### COMPARATIVE GROUP PROFILE FOR 2019 & 2020

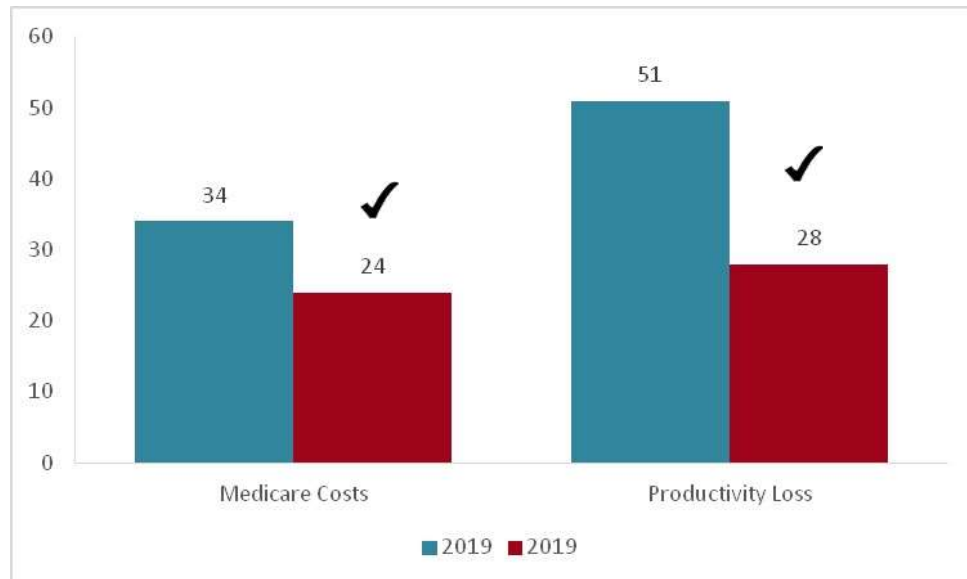
47 numbers of employees participated in the Health Screening in the year 2019 and similarly 25 number of employees participated in the Health Screening in the year 2020.

#### HEALTH PROFILE 2019/ 2020



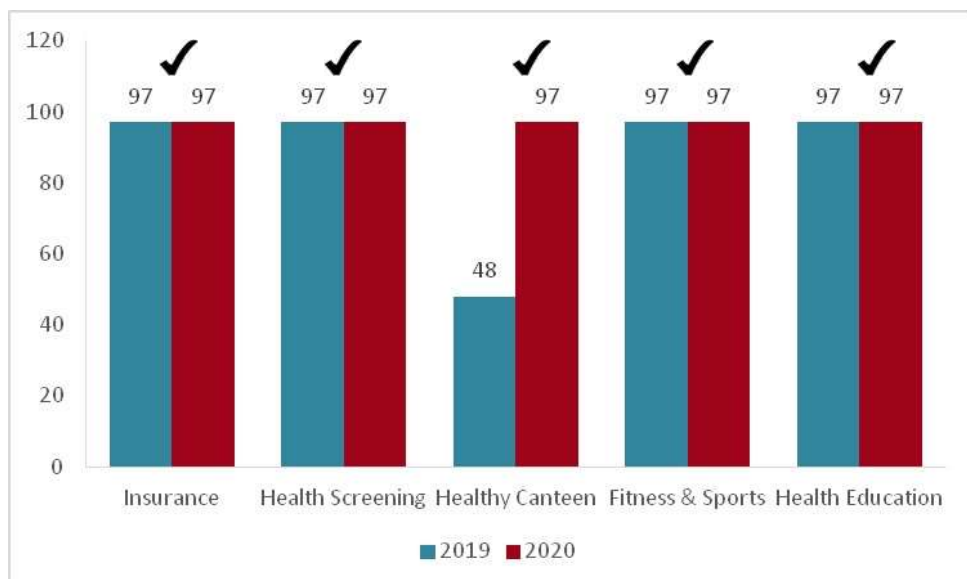
- a) **FITNESS:** Physical fitness has decreased from 77% to 68%.
- b) **OVERWEIGHT:** Overweight has increased from 70% to 76%
- c) **STRESS:** Stress has decreased from 48% to 24%.
- d) **POOR HEALTH HABITS:** Comprising of smoking, alcohol and poor safety adherence has decreased from 65% to 52%.
- e) **CARDIAC RISK:** Including HBP, Diabetes, existing ailments, etc have been decreased from 44% to 28%.
- f) **OVERALL HEALTH STATUS:** The overall health status of the company has been increased from 47% to 51%.

### HEALTH & PRODUCTIVITY PROFILE 2019/ 2020



- a) **MEDICARE COSTS:** Chronic medication employees decreased from 34% to 24%
- b) **PRODUCTIVITY LOSS:** As a consequence of health status, productivity loss has decreased from 51% to 28%.

### CORPORATE HEALTH FACILITIES PROVIDED 2019/ 2020



- a) **INSURANCE:** In 2019 & 2020, 97% employees confirmed having insurance provided.
- b) **ANNUAL HEALTH SCREENING:** Utilization in 2019 & 2020 was 97%.
- c) **HEALTHY CANTEEN FOOD:** : In 2019 48% and in 2020 97 %, employees found the canteen food healthy.
- d) **.FITNESS & SPORTS:** In 2019 & 2020, 97% employees utilized the fitness and sports activities provided.
- e) **HEALTH EDUCATION:** : In 2019 & 2020, 97% employees were provided with Health Education classes.

This is an automated report. Signature not required.

Dr. H. S. Wilkhoo  
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