

# Thinking ahead of others.

Credit Suisse is a pioneer in the field of work-place health promotion (WHP). Long before WHP was on everyone’s lips, the major bank had already incorporated it in its human resources strategy. It has been an integral part of their everyday corporate life ever since.

**A success story**

Since 2001, Credit Suisse has been relying on fit im job for anything related to health promotion. In the first few years, participants attended three-day seminars in which they underwent an extensive medical check-up to determine their current situation and received detailed information on exercising and nutrition management as well as all the necessary tools to reach their goals. Since then, the seminars have been constantly adapted and developed according to the needs of Credit Suisse employees. Today, the seminars are more compact and the themes stress management, relaxation and sleep have been included.

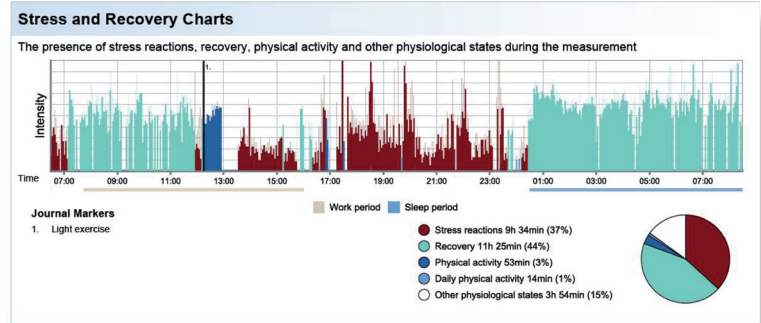


**«dealing with stress» – a successful programme**

For anyone who is under a great deal of stress, it may be difficult to establish just how affected his or her personal resources are. For this reason, subjective measurements (by questionnaire) are only useful to a certain extent. But how can stress be measured objectively? For Credit Suisse we developed the seminar module «dealing with stress». Prior to attending the module, participants carry out three different measurements:

- Energy barometer
- 72 hour heart frequency measurement (incl. sleep profile)
- Neurotransmitter measurement (serotonin, dopamine, etc.)

By analysing the measured data, the most important potentials can be identified. The fit im job coaches offer subsequent support to all participants on their way to a stable energy balance, improved well-being and better performance.



«With «dealing with stress» to personal effectiveness.»

Bettina Rötzer,  
Management & Leadership Development  
Credit Suisse

**Company**  
Credit Suisse

**Number of employees**  
21 200 (Switzerland), 49 700 (worldwide)

**Initial situation**  
Owing to the increased strain put on staff within the financial sector, Credit Suisse supports its employees in their relaxation management.

**The fit im job solution**  
• Seminar module «dealing with stress»

**Result**  
Participants report an improvement in sleep, increased stress resistance and a better energy balance.