

REPORT 2015

ON THE ACTIVITIES
OF THE MEDICOVER
FOUNDATION





TABLE OF CONTENTS

Foreword

Fredrik Ragmark.....	3
Marcin Radziwiłł.....	3

About the Foundation

The Medicover Foundation.....	4
-------------------------------	---

“PoZdro!” Programme

Nationwide Programme for Diabetes and Lifestyle Diseases Prevention “PoZdro!”.....	6
--	---

Volunteer activities

Select Foundation events

The Institute of Mother and Child.....	12
The “Trust” Centre.....	12
Christmas events at the Refugee Centre.....	13

Act for Others

Charitable activities co-financed by the Foundation

The leukemia auction.....	14
“White Sunday” in Spytkowice.....	15
“White Sunday” in Łęczany.....	15
“White Sunday” in Dubie.....	16
The 4th Novita Zielona Góra Half Marathon.....	16
Run in Niepołomice.....	17
The Noble Box project.....	17
Santa Claus loves all children.....	17

Long-term support

We help children

“Budzik” Clinic support.....	18
Christmas Eve in a Children’s Home.....	18
Support for the School for Autistic Children.....	19

International projects

Aid across borders

Happiness helps healing: Artists at the Institute of Mother and Child in Warsaw.....	20
Another Ukrainian patient was released from The Medicover Hospital.....	20
Fund drive for Ukrainians in need.....	21
Support for a hospital in Congo.....	21

Sports projects

Bicycle Tour from Zakopane to Stockholm – Together Against Diabetes Type 2.....	22
The Medicover Team in the 4th Praga Football Tournament “Orlik 2015”.....	23
The 1st Charitable Volleyball Tournament – support for the Little Children’s Home in Łódź.....	23
“10+10=20” Project.....	24
Medicover Runners success.....	25

Other

“medMagazyn”.....	26
Interdisciplinary Clinic.....	28
FAS training.....	28
Mind your memory.....	29
The Sounds of Dreams.....	29

Summary

Statistics.....	30
Thank you note.....	31



FREDRIK RAGMARK
Group Chief Executive Officer

Dear Friends,

Time flies and it is again my privilege to write a few introductory words to the 2015 Medicover Foundation activity report. It has been another very busy year for the Foundation, and you will read about many of this year's activities in the following pages.

Medicover was founded on a strong set of values, and the activities carried out by the Foundation make those values tangible. In the late 1990's, when Medicover was less than five percent of its current size, we defined our operating principles to emphasize that Medicover would be "part of the local community and recognized for taking a social responsibility". That aspiration is as true today as it was then.

The third operational year of our most significant project so far, the PoZdro project in Poland, has continued our pioneering efforts to raise awareness amongst teenagers and their families of the importance of a healthy lifestyle. I have said this before, but knowing that we will help more than one thousand young Poles avoid developing chronic diseases such as Diabetes Type 2, and

will help educate tens of thousands of others to live healthier lives, makes me feel tremendously proud. I hope that we will soon expand this ground-breaking initiative to many more people.

2015 saw Medicover Group's 20th Anniversary celebration, which took place in Sweden. One of the highlights was the arrival in Stockholm of the cyclists participating in the 2015 Tour Against Diabetes, who started in Zakopane some 8 days earlier and 1000+ kilometres to the south. What a great show of spirit, determination and team work! As I write these words, I am preparing, with a few of my Medicover Group colleagues, to join the final stretch of the 2016 bicycle tour, from Malbork to Gdynia, something I am personally looking forward to very much.

I would like to finish these introductory lines by thanking and recognizing the Medicover Foundation leadership team, under the stewardship of Marcin Radziwiłł, for their fantastic enthusiasm, drive and energy, and being such great ambassadors for the Medicover Group.

"Each of us has something that we may give to others" – these words define our idea of work and summarize well the Medicover Foundation's past year of activity.

As in previous years, 2015 demonstrated that our employees and volunteers have much to give. They eagerly and enthusiastically engaged in many new activities and initiatives aimed at providing aid and support to people in need, as well as educating many others to the importance of adopting a healthy lifestyle through sharing their knowledge and experience. A constantly increasing number of projects, affecting an ever-growing number of people and institutions, proves that our work is appreciated and, most of all, is needed.

In this Report we present our projects accomplished in 2015, and we show in a nutshell the effects of our work both within our borders and abroad. It would not have been possible without the support and devotion of our community partners and all the Medicover Group companies and staff. I am glad and proud that acting together we managed to achieve our goals, and the sincere involvement of our team allows us to look boldly into the future to plan more exciting and worthy projects.

I hope that when we meet in the same place next year, we could agree again that we have something to give to others.



MARCIN RADZIWIŁŁ
President of the Medicover
Foundation



THE MEDICOVER FOUNDATION



The mission

In 2007, in order to fulfill its social mission, the Medicover Group established the Medicover Foundation "to convince children, young people and adults that by making the right choices on a daily basis, they can make a real impact on their physical and mental well-being". The Foundation relies on the vast medical experience of the Medicover Group to design and implement its activities, all of which aim to improve the health and increase awareness of people in the communities it serves.

The Foundation's aims include the support of people in its communities who are in need, and initiates projects which can help alleviate some short-term problems, with the ultimate aim of encouraging them to adopt a healthy lifestyle in order to live healthy, fulfilling lives. The driving force behind the Medicover Foundation is faith in the power of preventive healthcare – it can protect each of us against the consequences of bad habits.

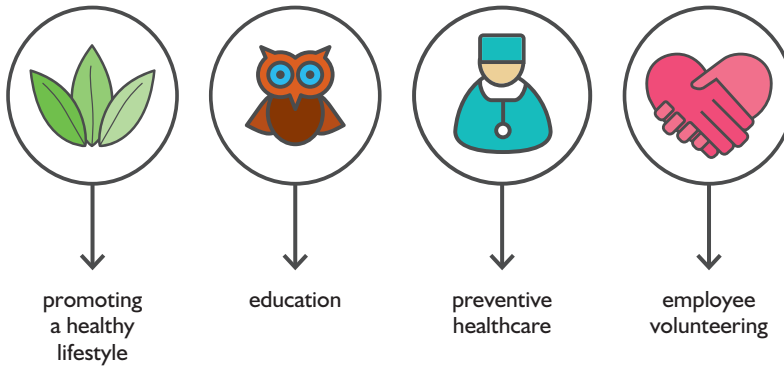


2015 was full of challenges, and also satisfaction. I would like to thank all the supporters of the Medicover Foundation. The number of Medicover employees involved in charitable activities both in Poland and in many parts of Europe is impressive. I appreciate your devotion and the help you provide to those in need. You inspire me to act and I am very proud of you!

John Stubbington
Chief Executive Officer
Medicover Group



THE MEDICOVER FOUNDATION AREAS OF ACTIVITY



Medicover is a healthcare services provider, and our employees, in performing their daily duties, act for the health and well-being of patients. In addition, while engaging in many Foundation initiatives, our employees also act as volunteers outside their working hours. They use their expertise, and donate their spare time and good hearts to support people in need. These are magnificent initiatives which perfectly fit into the mission of our company.

Beata Wojciechowska
HR Director
Medicover Group

HOW WE HELP

Our philosophy of helping...

Our activities are wide ranging. We provide help in many areas, in many fields and in various ways. We know that to be effective, our help must be comprehensive.



We educate
by organizing workshops and lectures



We harness the resources of Medicover and Synevo
e.g., Comprehensive, free medical tests and examinations



We organize fundraising events



We organize volunteer activities



THE FOUNDATION IN FIGURES



36
projects



support for
160
institutions



over
500
volunteers



over
15,000
beneficiaries



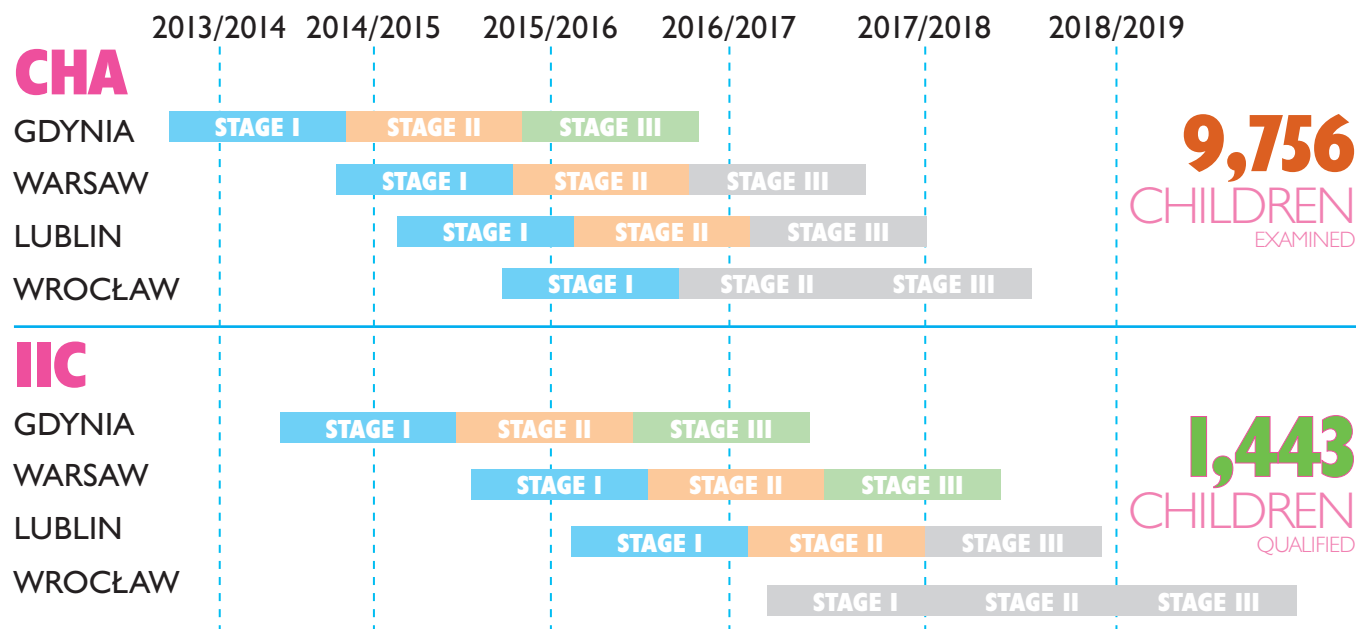
NATIONWIDE PROGRAMME FOR DIABETES AND LIFESTYLE DISEASES PREVENTION

PoZdro!



In 2015, we continued to implement the “PoZdro!” Programme, aimed at combating Diabetes Type 2 through education and individual, hands-on help provided to junior high school students who suffer from being either overweight or obese. “PoZdro!”, which is underway in four cities – Gdynia, Lublin, Wrocław, and selected districts of Warsaw – is effectively changing the habits of both students and their parents. The “PoZdro!” Programme was endorsed by the Honorary Patronage of the Minister of National Education. By the end of 2015, we examined 9,756 children, from which we recommended 1,443 families for personalized care. Over 100 specialists take part in the Programme: dietitians, trainers, psychologists, physicians and nurses.

EVERYTHING ON SCHEDULE!



3 MAIN ELEMENTS OF THE PROGRAMME:

1 SCREENING
Comprehensive Health Analysis (CHA). Screening is performed in schools.

2 SUPPORT FOR THE SCHOOL ENVIRONMENT
 – **Training** for teachers
 – **Multimedia lessons**
 See more on www.po-zdro.pl

3 TWO-YEAR FREE CARE
 Care of the young people and their families in the at-risk group, is carried out by interdisciplinary teams composed of 4 specialists (a physician, a psychologist, a dietitian, a physical activity expert) – **Integrated Individual Care (IIC).** The programme covers 8 consultation meetings within 2 years.

CONCLUSIONS – WHAT WE KNOW

1 IN 5
CHILDREN

is **overweight**
or obese.

21,2%

of children have **raised blood pressure** requiring additional monitoring.

69,5%

of children examined have **poor physical fitness**.

58% OF PARENTS

declare that their child has enough daily exercise.

However, tests showed that **only 30% of 13-year-olds** were in very good or excellent physical shape.

72,3% OF PARENTS

declare that their children eat a proper diet, while at the same time admitting that sweet snacks, beverages and fast food are eaten several times a week, and in many cases every day.

DURING THE CHA EXAMINATION WHICH LASTS FOR ABOUT 20 MINUTES, THE FOLLOWING ARE PERFORMED:



blood pressure measurement



assessment of visual acuity



assessment of body mass and composition



assessment of posture



cardiopulmonary function assessment

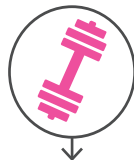
INTEGRATED INDIVIDUAL CARE



THE PHYSICIAN
checks the child's overall health



THE DIETICIAN
advises how to design a daily diet



THE TRAINER
assesses the physical activity level, suggests exercises and their proper performance

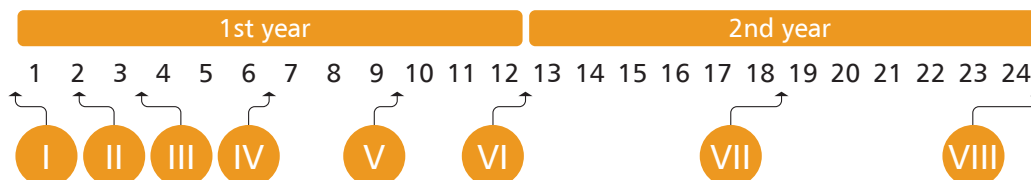


THE PSYCHOLOGIST
motivates, advises what to do in “difficult moments”



Medicover Group's intention to be a socially responsible corporation is demonstrated by the work of its Foundation. In particular, with the “Pozdro!” Programme now active in four large Polish cities, it is evident that our aim to improve the health of our young people will contribute to helping build a healthy and responsible society.

Richard Sands
Development and
Strategy Director
Medicover Group



CONSULTATION
SCHEDULE:
IIC assumes
8 consultations
with 4 specialists
within 2 years

PoZdro! PROGRAMME

GDYNIA

25

junior high
schools included

3,808

pupils examined

563

pupils qualified
for the Programme



Physicians say the performance of “PoZdro!” Programme participants is encouraging. We have observed systematic decreases of BMI and WHR (waist-to-hip ratio), and improved body composition – reduction of adipose tissue and growth of muscles. 78% of participants benefited from the Programme, and in 49.9% of them we have found a significant decrease of overweight/obesity, while in 28.1% the earlier parameters have stabilized, which we also deem a success.

Hanna Magnuszewska
IIC physician

In Gdynia, the third series of screenings came to an end. I am very glad that in this school year almost 70% of parents of first grade students of junior high schools in Gdynia consented to be screened. In the Programme of two-year care almost 300 families participated. You can achieve the goal by taking small steps and I believe that an active and healthy lifestyle will become the habit of all those who had a chance to meet the team of specialists from the “PoZdro!” Programme.

Anna Filipiak
Local Coordinator of
“PoZdro!” Programme

WROCŁAW

46

junior high schools included
in the Programme

1,245

pupils examined

142

pupils qualified
for the Programme



It is not a new car or further promotion that is the future for us adults – but our children. Therefore preventive programmes such as “PoZdro!” are an investment in the future – the future of our children which is the ultimate goal. The work itself gives me much satisfaction, but it is frightening that there are so many defects of posture in pupils, they are obese and have so many problems with their basic fitness levels.

Mirosława Tomaszewska-Laszcza
CHA nurse





The work of a psychologist is satisfying when you can see the effects. The difficulties observed in watching patients trying to adopt a healthy lifestyle confirm that the support from the specialists working for the “PoZdro!” Programme is needed.

Marta Polak
IIC psychologist

WARSAW

37

junior primary
schools included

3,241

pupils examined

478

pupils qualified
for the Programme

The “PoZdro!” Programme in Warsaw has completed the second series of health examinations, and involved the work of the whole team. The first year resulted in over 1,600 students examined, 244 of whom qualified for Integrated Individual Care, which included over 3,000 single specialist consultations. Our team worked for over 750 hours in total. “PoZdro!” is making a difference because everyone involved is driven by commitment, understanding and devotion.

Kamila Kaniowska
Local Coordinator of “PoZdro!” Programme



I draw the greatest joy and motivation working in the “PoZdro!” Programme, from meetings with whole families and observing how their members introduce positive changes into their lives. I accompany them and help in the implementation of healthy dietary habits. I enjoy situations where whole families come and boast of their achievements and tell us how the changes which seem minor, positively affect their daily routines, and – what is more important – their health. I also like hearing how people enjoy participating in the “PoZdro!” Programme, because they know that with little but steady effort you can definitely improve your health.

Natalia Ciesielczuk
IIC psychologist

LUBLIN

32

junior high
schools included

2,446

pupils examined

378

pupils qualified
for the Programme

Wrocław – the last Polish city with happy students who had the opportunity to take part in the Nationwide Programme for Diabetes and Lifestyle Diseases Prevention “PoZdro!”. We are glad to have the support of the Wrocław City Authorities. I eagerly await with the team of specialists for the first visits of children and their parents. As we begin we believe that our pupils are ready to take up the challenge and work towards proper dietary habits and regular physical activity. It is important to remember: “Respect your health when you are young, otherwise you will regret it when you are old”.

Katarzyna Kostuch
Local Coordinator of
“PoZdro!” Programme

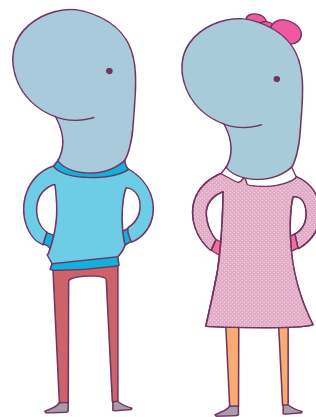


Working in the “PoZdro!” Programme I always stress that each family is unique and individual attitude is extremely important. And this is how we work, enjoying the tiniest changes for better. Owing to positive cooperation with the Lublin City Authorities and Lublin schools, we organise many preventive activities. We strive to make people aware of how important it is for our health to be physically active and to be mindful of the quantity and quality of food we eat and beverages we drink.

Agnieszka Skowrońska
Local Coordinator of
“PoZdro!” Programme



MULTIMEDIA LESSONS



For the 2015/2016 school year the Medicover Foundation prepared animations and exercise books for 40,000 junior high school students, as well as lesson scenarios on healthy lifestyle and physical activity for teachers.

38,000
STUDENTS

TOOK PART IN
MULTIMEDIA LESSONS

MEET JANUSZ AND HELENKA, THE MAIN CHARACTERS OF OUR MULTIMEDIA LESSONS WHERE STUDENTS LEARN THAT...

- to measure the quantity of the different foods on the plate by comparing them to the size of a hand,
- the number and size of fingers on a hand corresponds to the number of meals per day,
- starvation diets do not work and there are no miracle diets,
- high fructose corn syrup, acesulfame, aspartame, etc. may contribute to obesity,
- the quality of calories consumed must be carefully chosen to treat the body with as much care as any valuable possession.



There are initiatives which make you experience something completely new – in this case it's philanthropy which allowed us to create the “ProZdro!” Programme. This is one of the most extensive preventive programmes in Europe – resulting from the synergy, trust and quality of the Medicover Foundation, Medicover and Synevo, many great specialists and communities (schools, parents and Local Authorities). Smiles on the faces of family members who have changed their lives in a positive way are for us the greatest joy and inspiration.

Kamila Szarejko
Project Manager of the
Medicover Foundation

WHERE THE LESSONS WERE CONDUCTED



“POZDRO!” HANDBOOK

This is a condensed version of information about healthy diet and physical activity. You can learn how to maintain your proper body weight, while preserving your family's well-being. A physician explains why taking care of your health is so important, and a dietician advises how much and how often you should eat.



See more on po-zdro.pl/poradnik

PROGRAMME PARTICIPANTS

appreciate the help of experts and see the results of the change.

JULIA
“I stopped saying I have no time to exercise. I do it systematically”.



OSCAR
“I eat regularly and exercise every day. The most important thing is to start!”.



NATALIA
“Instead of playing on the computer, I go running or go for a walk”.



OLIVIER
“I quit sweet beverages, and now I have been selected as one of the top five players of our volleyball team”.



ATHLETES AS EXAMPLES TO FOLLOW

Sports events for young people participating in the Programme were conducted by exceptional athletes. The aim was to show that sports is fun and when we include it in our daily routine, we will feel better. Obviously, you do not have to be a professional athlete. Balance, restraint and good planning are key.



The goals of the „PoZdro!” Programme are close to me personally. As an athlete I am well aware of the fact that without proper diet and a healthy lifestyle I would not be able to have energy for my own development and for training others. To live your passions, first of all you have to take care of your health. It is particularly important when you are young. I like one more thing about “PoZdro!” – it is directed at children as well as at their parents and schools. Acting together makes it more powerful.

Małgorzata Zabrocka
World and Europe Champion in Karate



I have been dealing with sports and physical recreation for 25 years, so engaging in this project was very natural for me. I also promote preventive activities in healthcare, when I conduct karate lessons for people of various ages (from kindergarteners to seniors). Following the saying *anima sana in corpore sano*, each programme of this type can only help reduce the burden on the future healthcare system and will improve the overall health of the Poles.

Daniel Iwanek
World Champion in Karate

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Vice-President of the Polish Association for Health Programmes



The scale of the “PoZdro!” Programme, devotion of all collaborators, medical efficacy and social dimension of this project have exceeded my expectations. Congratulations to everybody, especially to the children and their families!

Tomasz Anyszek MD PhD
Managing Director
Synevo sp. z o.o.



“PoZdro!” Programme is developing excellently and I am glad to confirm that its original assumptions already have been met. And on top of that, in some areas we achieved much more than planned.

Piotr Soszyński MD PhD
President of the Scientific
Board, “PoZdro!”
Programme

SELECTED EVENTS

The Institute of Mother and Child

PROJECT GOAL:

The Medicover Foundation has been supporting the Institute of Mother and Child since 2014. In August and September 2015, the Foundation refurbished a bathroom and adjacent corridor in the Oncology Ward. At the same time creative workshops were organised for the children on the ward. Funds for the refurbishment were donated by Medicover employees, and Dulux and Castorama, which supported the Foundation activity both in terms of funds as well as recruiting volunteers. The major challenge of the bathroom renovation was keeping the Ward func-

tioning while adhering to all OSH regulations. Painting the walls and ceilings, decorated with interesting marine motifs, turned out to be an excellent adventure for all the volunteers, and a chance to express one's artistic potential. They were constantly accompanied by Bobtail Stefan the dog, the Dulux brand icon, who was eager to be photographed with all the young patients of the Ward.

AID BENEFICIARIES:

Patients of the Oncology Ward at the Institute of Mother and Child in Warsaw.



Volunteering is great. And it is not because we can personally help somebody – which is obvious. But have you ever thought how much helping others gives to you? Taking part in such activities as renovating the hospital ward for children together with Medicover colleagues is really uplifting. It makes you feel happy because you feel needed, and for the use of your time for a just cause. We can achieve so much if we want to by believing in people and working together. Therefore I will always say that volunteering goes both ways: it helps our beneficiaries, and also, to a certain extent, ourselves. I think each volunteer has similar feelings – pride for themselves and joy that we work for a company which supports our ideas.

Agnieszka Czerkies-Paraszewska
Communications Manager

The “Trust” Centre

PROJECT GOAL:

The Medicover Foundation has been proactively supporting the Pre-Adoption Intervention Centre in Częstochowa for three years. It is for this exceptional Centre that the Foundation has collected nappies and built the “Garden of Hope” for babies – a colourful and safe outdoor area for play and rehabilitation. It also donated funds collected under the 1% Personal Income Tax Donation Scheme. On 17th October another activity was organised in the Centre to complete the end of a renovation project: Medicover employees volunteered to repair and clean an area next to the new fencing surrounding the property, which had recently been



built. They cleaned, cut back overgrown bushes, mowed the lawn and removed the debris. The volunteers' hard work transformed the area so it looked brand new. Magdalena Szymczyńska, the President of the Centre, tearfully thanked the volunteers for their extraordinary help, and handed them special diplomas. Such moments will remain in everyone's memory forever.

AID BENEFICIARIES:

Newborn babies, deprived of parental care temporarily or permanently, waiting for adoption.



Christmas events at the Refugee Centre

PROJECT GOAL:

In December, at the Refugee Centre in the Warsaw district of Targówek, the Medicover Foundation volunteers participated in an exceptional event – Christmas activities for children of various nationalities. The Centre is the only facility in Poland helping women and children from other countries and continents (for example, from Chechnya, Georgia, Ukraine, Africa), who hold various religious beliefs and are in difficult life situations. Among them there are women who lost their husbands in wars, or escaped from political, religious or cultural repressions. The Foundation volunteers, along with artists, worked with the Centre's children to create Christmas decorations, and paint the corridors

and walls together. All decorations were hung on beautiful Christmas trees bought by the volunteers and placed in the common room. The volunteers worked with over 70 children of various ages.

AID BENEFICIARIES:

Children staying at the Refugee Centre in Warsaw.

Financial support for the project was provided by Medicover Pharmacies. Funds collected (from the sale of children's books) allowed for the purchase of the necessary furniture and made the Christmas event possible.



Medicover Pharmacies and the Medicover Foundation jointly published an educational book for children aged 3 to 7. All book sale proceeds were appropriated for the Pre-adoption Intervention Centres – in Częstochowa and in Otwock – and for the Refugee Centre in Warsaw. The campaign was a great success due to the support of numerous Medicover patients and Medicover employees. Thank you all for such a positive and warm response to the people in need of our help.

Paweł Mazur
Head of Pharma Retail Division



When thinking about why I participate in the Medicover Foundation project, I am reminded of the words spoken by Pope John Paul II: "Man is great not by what he possesses but by who he is; not by what he has but by what he shares with others".

Katarzyna Chojczak
Customer Service Coordinator
Dentistry Medicover Atrium



ACT FOR OTHERS

CHARITABLE ACTIVITIES CO-FINANCED BY THE MEDICOVER FOUNDATION

Medicover employees become actively involved in various projects as part of the “Act for Others” programme whose aim is to provide aid to specific people and social institutions in local communities. The Foundation actively encourages and supports Medicover employees in realizing these noble initiatives.

The leukemia auction

PROJECT GOAL:

On 14 February 2015, a charitable football tournament was held in which several dozen teams participated. The tournament was accompanied by an auction for the benefit of Kubuś, a 3-year-old leukaemia patient. The auction included a professional cycling outfit provided by the Foundation, a spa get-away for 4 persons, a Marcin Daniec T-shirt, a family entrance pass to Zatorland, and numerous pictures. In addition, Valentine hearts and roses were sold, and a raffle was organised. 24,000 PLN was col-



lected during the auction. Unfortunately, Kubuś died the day after the event. His parents transferred the money raised to Paulina from the same area, who is being treated in Bangkok.

AID BENEFICIARIES:

3-year-old Kubuś from Ryczów (near Krakow) who suffered from leukaemia.



“White Sunday” in Spytkowice

PROJECT GOAL:

On 24 May, Medicover nurses, along with a group of volunteers from the Spytkowice “Win Together” initiative, carried out a series of free preventive examinations under the banner of the “White Sunday”. All medical costs were covered by the Medicover Foundation.



EXAMINATIONS PERFORMED:

- Glucose level: 98 people
- Cholesterol level: 98 people
- Weight/height: 98 people
- Blood pressure: 98 people
- ECG/cardiology consultation (description): 75 people
- Dietary consultation/BMI: 65 people
- Mammography: 43 women (invitations were sent to all women 50+ living in the community who did not have a mammogram within the last 2 years)
- Densitometry: 36 people
- Providing samples for the bone marrow donor register (lip swab) – 31 people joined the Bone Marrow Donor Bank

AID BENEFICIARIES:

Residents of the Spytkowice area.

“White Sunday” in Łączany

PROJECT GOAL:

On 31 May, Medicover nurses, along with the group of volunteers from the Łączany “Win Together” initiative, carried out a series of free preventive examinations under the banner of the “White Sunday”. All medical costs were covered by the Medicover Foundation.



EXAMINATIONS PERFORMED:

- Glucose level: 138 people
- Cholesterol level: 138 people
- Weight/height: 138 people
- Blood pressure: 138 people
- ECG/cardiology consultation (description): 60 people
- Dietary consultation/BMI: 65 people



Volunteering is a source of great joy and satisfaction. For us it is also a form of relieving stress, because we meet many interesting people, have conversations with them and learn new things. It is also a chance to spend free time in a useful way. It brings us together with other people, is positive for our brains, supports our professional career and gives the feeling of fulfillment. In this way you can try something new. To help means to live!

Anna Buszydio

Hot Line - Deputy Coordinator,
Hospitalization Nurse,
Vaccination Coordinator

Małgorzata Grela

Hospitalization and
Hot Line Coordinator

Bartłomiej Ranoz

Planning and Analysis Manager,
South Region
Medicover Centre
Krakow Podgórska

- Mammography: 30 women (invitations were sent to all women 50+ living in the community, who did not have a mammogram within the last 2 years)
- Densitometry: 76 people
- Providing samples for the bone marrow donor register (lip swab) – 11 people joined the Bone Marrow Donor Bank

AID BENEFICIARIES:

Residents of the Łączany area.



“White Sunday” in Dubie

PROJECT GOAL:

On 13 September, Medicover nurses carried out a series of free preventive examinations under the

banner of the “White Sunday”. All medical costs were covered by the Medicover Foundation.

AID BENEFICIARIES:

Residents of the Dubie area.

EXAMINATIONS PERFORMED:

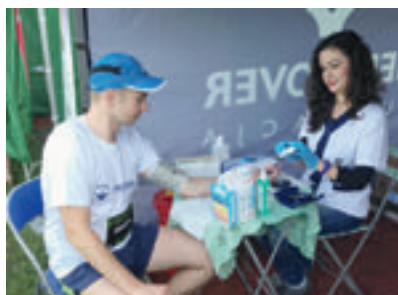
- Glucose level: 90 people
- Cholesterol level: 90 people
- Weight/height: 90 people
- Blood pressure: 92 people
- ECG/cardiology consultation (description): 47 people
- Dietary consultation/BMI: 43 people
- Dermatological consultation (examination of marks): 32 people



The 4th Novita Zielona Góra Half Marathon

PROJECT GOAL:

On 13 September, the 4th Novita Zielona Góra Half Marathon was held in Zielona Góra. One of the event partners was Synevo Zielona Góra Medical Laboratory, which, along with the Medicover Foundation, organised a stand where people could test their glucose level and measure their blood pressure – all free of charge. The stand raised much interest in both the runners and their supporters. In total, the stand was visited by 173 people, including 18 children. Colourful bookmarks and stickers turned out to be an attractive incentive for the youngest patients.



AID BENEFICIARIES:

Participants and supporters of the 4th Novita Zielona Góra Half Marathon.

SUMMARY OF “WHITE SUNDAY” ACTIVITIES

3

communities covered by the “White Sunday” preventive exams

326

beneficiaries

42

people provided samples for the bone marrow donor register and joined the Bone Marrow Donor Bank



Synevo Zielona Góra Medical Laboratory, in collaboration with the Medicover Foundation, organised a preventive campaign during the Novita Zielona Góra Half Marathon to measure blood glucose levels to help diagnose diabetes. The effects exceeded the expectations of patients who praised the initiative, as it was the first action of this type in the region. Collaboration with the Foundation was a homerun and I believe that this year we will repeat the success during the 5th running of the Zielona Góra Half Marathon.

Marcin Jankowiak

Regional Sales Director
West-North Region
Synevo Sp. z o.o.

Run in Niepołomice



PROJECT GOAL:

A team run was held in the Niepołomice Forest on 13 September, organised by the "Niepołomice Run" Association. The Medicover Foundation covered the costs of the medical safety of the runners. In addition, the rescuers examined glucose levels and Holter RR of the participants before and after the run. In total, 130 people were examined. The athletes never had the opportunity to undergo such examinations, so they were eager to participate.

AID BENEFICIARIES:

Participants in the run held on 13 September in the Niepołomice Forest and their supporters.



The Noble Box project

PROJECT GOAL:

The Medicover Foundation was involved in the nationwide Noble Box campaign, an initiative which drew many staff supporters and many volunteers who wanted to help. Numerous gifts were collected and given to several struggling families in need of support during the Christmas holidays. On 11 December, the gifts were packed at Medicover head office, and on 12 December they were transported to the families in need, followed with tears of joy from the recipients.

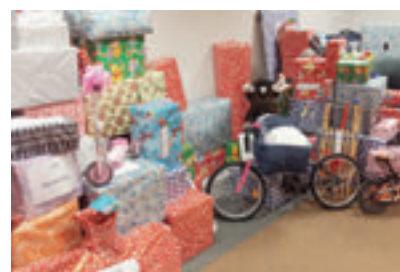
AID BENEFICIARIES:

Families in difficult financial need.



I am new to the Medicover Foundation team. What impressed me most at the very beginning was the vast number of interesting projects and facilities supported by the Foundation. I was also delighted by the attitude of the Medicover employees towards helping people. They are eager to join volunteer initiatives and collections, and this is why we can act on such a big scale.

Magdalena Potocka-Zwoźna
Project Specialist
The Medicover Foundation



Santa Claus loves all children

PROJECT GOAL:

On 7 December, in the Amicus Rehabilitation Centre in Warsaw, the "Santa Claus Loves All Children" event was held. Medicover Group volunteers participated in this initiative by arranging the catering, playing games with the children, and organising activities (making Christmas decorations and cards, and face painting). The children also listened to Christmas stories read by actors Aneta Zajac and Mateusz Damięcki.

AID BENEFICIARIES:

Children with multiple disabilities who are patients of the Amicus Rehabilitation Centre in Warsaw.





WE HELP CHILDREN

The Medicover Foundation actively engages in many initiatives aimed at helping people in need, with particular emphasis put on children. In 2015, many activities supporting the youngest were organised.

“Budzik” Clinic support

PROJECT GOAL:

Since 2014, the Medicover Foundation has been supporting the “Budzik” Clinic, maintained by Ewa Błaszczak’s “Akogo?” Foundation. The clinic was established in July 2013 as the first model hospital for children with severe brain injuries leading to coma. The Medicover Foundation supports the “Budzik” Clinic by taking comatose children by emergency transport to the Centre for Children’s Health in Warsaw for diagnosis (e.g., MRI scan).

AID BENEFICIARIES:

Children in coma staying at the “Budzik” Clinic.



Christmas Eve in the Children’s Home



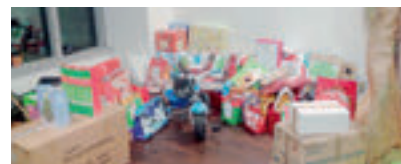
PROJECT GOAL:

On 18 December, the Janusz Korczak Children’s Home in Warsaw organised a Christmas gathering attended by the children, their guardians, the management and numerous guests, including representatives of the Medicover Foundation, which has been taking care of the health of 70 children staying in the facility for over 20 years. During the event, the children presented a modern nativity play, after which they invited the Foundation volunteers to an official dinner. During this moving meeting, the Medicover Foundation representatives offered

the children gifts of school supplies, funded by the Foundation employees, which included notebooks, pencil cases, backpacks, crayons, felt-tip pens and paints.

AID BENEFICIARIES:

Children from the Janusz Korczak Children’s Home No. 3 in Warsaw.



Support for the School for Autistic Children

PROJECT GOAL:

Since September the Medcover Foundation has been supporting the Edmund Bojanowski "Step by Step" Primary School for Children with Special Needs in the Warsaw district of Wilanów. The "Step by



Step" school is a unique place for children with developmental and behaviour disorders (e.g., insubordination, destruction of property, bouts of anger, aggression and self-aggression), as well as children who are not able to communicate effectively.

AID BENEFICIARIES:

Teachers of autistic children – students of the Edmund Bojanowski Non-Public "Step by Step" Primary School for Children with Special Needs in Warsaw.



We have been collaborating with the Medcover Foundation since September 2015, and have experienced a great understanding of our needs. We have observed professionalism and high quality of services, and are very grateful for the help we are receiving. Care for the health of teachers who devote their efforts to disabled students, and providing their medical care, is a real help and support for our school. We believe that openness towards others allows us not only to understand their needs, but also to change ourselves and the environment we live in.

Maria Łubowicz
Headmistress



Medcover has been active in Wilanów for some years now, both through the Medcover Hospital and the Medcover Centre. We are pleased to team up with the Edmund Bojanowski Non-Public "Step by Step" Primary School for Children with Special Needs. This is a very special place. Our collaboration is a perfect example of local commitment by providing aid to people who are really in need. We are glad that we can use our resources for such a good cause.

Marcin Łukasiewicz
Investment and Development
Division Director
Medcover Group



For some years, we have attempted to reduce the number of missed appointments by Medicover employees. The fines employees pay for failure to cancel their medical appointment is donated to the Medicover Foundation, and thanks to these funds, the Foundation is able to support both local projects as well as help people in need in Africa. In response to Medicover employees' suggestions, the Foundation transferred a portion of these funds to a hospital in the Congo. The donation allowed them to furnish a recovery room with specialist beds and buy a new operating table. In addition, a generator was installed in the hospital, which safeguards the operating room from blackouts. We are proud that, with the help of its employees, the Medicover Foundation has supported projects both large and small, which can only change the world for the better. It is worth engaging in various initiatives of the Foundation because it is invigorating and allows you to see your colleagues in different situations. It is also an opportunity to discover new interests and passions. The most valuable prize is seeing the smiling faces of children who now have help to ensure their health.

Magda Lasocka
Business Processes Manager
Medicover Group

AID ACROSS BORDERS

"We are worth as much as we can give to others from ourselves" – these words are a good reflection of the mission and goal of the activities of the Medicover Foundation. In 2015, the Foundation employees actively joined those who help people in need in Poland and abroad.



Happiness helps healing: Artists in the Institute of Mother and Child in Warsaw

PROJECT GOAL:

Since 2013, the Medicover Foundation has cooperated with the Hungarian Smiling Hospital Foundation which focuses on activities in children's wards. Volunteers organise games and art classes for children in order to make their hospital stay more enjoyable. As a part of this collaboration, in February, at the Institute of Mother and Child in Warsaw, a program for oncology, paediatric, surgery and neurology patients was organised, where professional artists (magicians, circus artists, animators) offered games and other activities for children. Young patients made animals out of balloons and assisted in juggling and doing tricks. Over 150 people took part in this all-day event.

AID BENEFICIARIES:

Children staying in hospital wards.

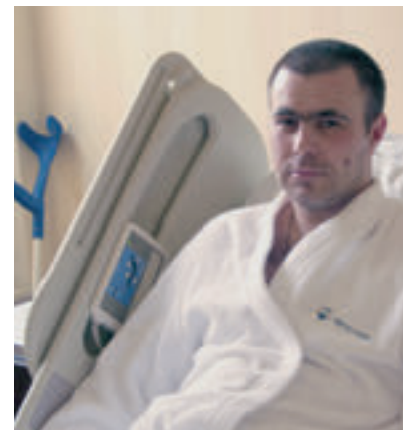
Another Ukrainian patient was released from The Medicover Hospital

PROJECT GOAL:

Since 2015, the Medicover Foundation has been supporting Ukrainian nationals by offering hospitalization and specialist medical treatment for the injured in the eastern Ukrainian armed conflict. In August, 2014, Sergei, who had been wounded in Vuklegorsk (in the Donetsk oblast) when a bullet severely damaged his knee, underwent surgery at the Medicover Hospital in Warsaw. An operation aimed at increasing the mobility of the damaged knee joint was successfully carried out, and following a short recovery he returned home.

AID BENEFICIARIES:

4 operations on Ukrainian nationals who suffered as a consequence of the armed conflict in their country's eastern sector.



Fund drive for Ukrainians in need

PROJECT GOAL:

The members of the Medicover Emergency and Rescue Academy organised a large collection of warm clothing and medical supplies for people suffering due to the eastern Ukrainian conflict. The activity was an "Act for Others" project, coordinated by the Medicover Foundation. All Medicover Centres across Poland took part in the collection, as well as the Medicover Pharmacies and Emergency Services: both

Medicover and Falck. The response of Medicover employees was beyond the wildest dreams of the project initiators – over 120 huge cardboard boxes were collected. In February the gifts were transferred to the people in need in the Ukraine.

AID BENEFICIARIES:

Ukrainian nationals who suffered as a consequence of the armed conflict in their country's eastern sector.



Support for a hospital in Congo



PROJECT GOAL:

In January the Medicover Foundation became a strategic partner of the Dobra Fabryka Foundation, established by Szymon Hołownia, and donated 10,000 EUR which funded a new operating table and recovery room in the Ntamugenga hospital in the Democratic Republic of Congo. In addition, funds were appropriated to cover half of the costs of installing an electric generator to supply power to the operating room during electric failures. On 16 March the first procedure was carried out in the newly equipped room. The Medicover Foundation plans to help

in future activities to support the Ntamugenga hospital, including specialist beds for the operation room, and additional equipment for the surgery and paediatric wards. The funds for the purchase of beds for the surgery will come from private donors, and the paediatric ward will be supported by Pope Francis. Money for the support of the Ntamugenga hospital was donated by Medicover employees from the "Non-Show" Scheme.

AID BENEFICIARIES:

Patients of the Ntamugenga hospital in the Democratic Republic of Congo.



We are very glad to see the increasing number of projects and centres supported by the Medicover Foundation. 2015 was an exceptional year: we developed more extensively not only on a local level, but also abroad – owing to the close collaboration with the Medicover Group companies in Poland and other locations. We managed to implement 36 projects, and several of them in a number of countries. All of that is thanks to the commitment of nearly 500 volunteers who make our activities so effective. This number is quite impressive! "Together we can do more" is not only a slogan. It shows how many people contribute to our common efforts to change the world for the better, even to a small extent.

Dagmara Iwaniak

Project Coordinator of the
Medicover Foundation

BICYCLE TOUR

FROM ZAKOPANE TO STOCKHOLM

Together Against Diabetes Type 2

14 volunteers, 1000+ kilometres covered, 1000+ people examined in the so called Blue Towns – this is the impressive summary of the third bicycle tour under the theme “Together Against Diabetes Type 2” organised by the Medicover Foundation and Damian Medical Centre. The aim of the program is to increase the awareness of a healthy lifestyle and importance of physical activity in

combating one of the epidemics of the 21st century – Diabetes Type 2. In previous years, the bicycle route connected Zakopane and Hel, but this time volunteers reached Stockholm! In our Blue Towns, stationed in Krakow and Gdynia, those interested could determine their overall health condition, by measuring blood pressure, checking blood cholesterol and glucose levels, and consulting with medical experts.

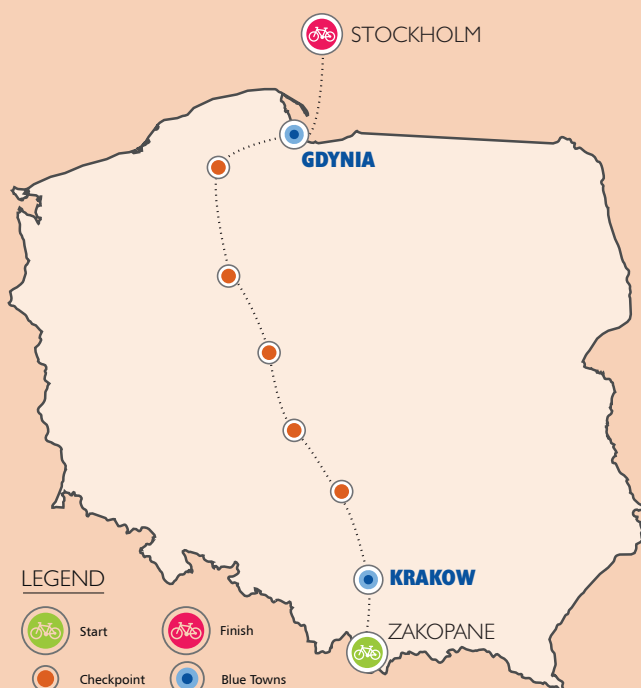


“The most difficult thing is to start” – 4 years ago I started my adventure with the Medicover Foundation in the first “Together Against Diabetes Type 2” bicycle tour. As before, the 2015 ride involved fighting one’s own weaknesses during training and the change of lifestyle – adding more exercise. But what is the most satisfying are common training sessions and days spent with great people who support each other during the actual tour. It is also about building awareness among people visiting the Blue Towns, and the entire promotional campaign associated with it, raising the awareness in local communities we travel through about diabetes as a lifestyle-based disease. And if you still have doubts, please remember – “The most difficult thing is just to begin”.

Krystian Kasprzak

Insurance Systems Development
and Customer Service Manager
Medicover Group

APPROXIMATE ROUTE OF THE RACE



● **14** volunteers

● **over 1,000**
kilometres
covered

● **over 1,000** people
examined in Blue
Cities in Krakow
and Gdynia

THE MEDICOVER TEAM IN THE 4TH PRAGA FOOTBALL TOURNAMENT “ORLIK 2015”



The Medicover team took 5th place in the 4th Praga Football Tournament “Orlik 2015” held in October in Warsaw. The team was composed of employees from Medicover, InviMed, MediParter and Care Experts: Paweł Wójtowicz, Andrzej Sikorski, Piotr Duńczyk, Sylwester Maicki, Kamil

Kowalczyk, Arkadiusz Piątek, Michał Sujka and Tomasz Stoń. The Medicover Foundation actively supports employees playing football, among others through financing training sessions held each Wednesday from 19.00 to 20.30 in Dzielnicowy Ośrodek Sportu i Rekreacji at ul. Szanajcy 17/19 in Warsaw.

THE FIRST CHARITABLE VOLLEYBALL TOURNAMENT

Support for the Little
Children's Home in Łódź

Among many noble initiatives of the Medicover Foundation in 2015, particularly important are the programs aimed at providing aid to children. One of them was the 1st Charitable Volleyball Tournament, the proceeds of which were appropriated for the Little Children's Home in Łódź.



Participating in the 1st Charitable Volleyball Tournament is great fun and a test – not only of our fitness. It is first of all the test of our sensitivity towards the needs of others. The initiative involved the administrative employees, nurses, rescuers and physicians from the Piłsudskiego and Pomorska Centres. This is proof that together we can do really great things. All the proceeds from this tournament were donated for the Little Children's Home in Łódź. I am glad that with the contribution of the Medicover Foundation we could support this good cause.

Małgorzata Ślimińska
Manager of the
Łódź Piłsudskiego
Medicover Centre



THE 10 + 10 = 20 PROJECT



In 2015, Medicover Group employees all over Europe were gripped by the passion for running. As part of the 20th anniversary celebration of the Medicover Group which took place in Sweden, over 130 employees took part in the “10+10=20” project where each team contrib-

uted to a total of almost 2,900 kilometres, (i.e., the distance between Bucharest and Stockholm). The runs were conducted in Brussels, Bucharest, Kiev and Warsaw. The initiative perfectly fits the motto of the Medicover Group: “Caring for your health is all that we do”.



A great example of collaboration, support, mobilization and determination, as well as an ideal opportunity to integrate and get to know our colleagues from different countries. I am proud to be part of the “10+10=20” project. Special greetings should be sent to our CEO, Fredrik Ragmark.

Noleen McCloskey
Group Development
& Talent Manager
Medicover Group



We are proud of our 2015 team. Many contestants had several good finishes, and thousands of kilometres were covered together. All the positive energy from running transfers to a good climate at work and into positive group training sessions. I hope that the next years of the Medicover Runners will be equally fruitful for all of us!

Marek Dorsz
Internet Marketing Specialist
Medicover Group

THE 10 + 10 = 20 PROJECT IN FIGURES

4 cities

Brussels, Bucharest, Kiev and Warsaw

2,900 km

distance covered in total by the runners from the Medicover Group

over
130

participants
(from:
the Medicover Foundation,
Medicover Group,
InviMed,
Medicover Hospital,
Medicover Poland,
Medicover Romania,
Synevo Poland,
Synevo Romania,
Synevo Ukraine).

MEDICOVER RUNNERS SUCCESS

Medicover Runners – one Medicover Foundation project directed at Medicover Group employees – commenced in 2014, but the participants can boast of their first achievements even now. In 2015, in the 2015 Ekiden marathon team relay race, held on the Warsaw Agrykola, as many as 4 teams took part representing the Medicover Foundation. The first Medicover

team took 20th place overall, and 2nd place in the insurance company class, out of 770 teams who completed the race. This great success is the result of all people involved in this outstanding initiative.



**MEDICOVER
RUNNERS
TEAM**
DURING THE
MARATHON RELAY
ACCRESO EKIDEN:

24
athletes

4
teams

2nd
place in the insurance
company class

The Medicover Runners Programme:

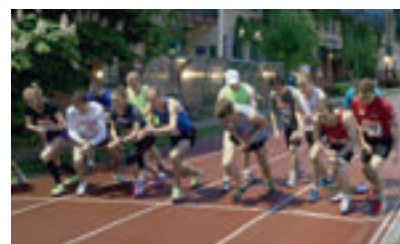
- sports activities with a coach
- individual training plans
- training advice
- support for participation in selected running events



I am glad to be an active member of the Medicover Runners team and to participate in the “10+10=20” project, and thanks to this I started in Warsaw and in Brussels. It is simply incredible that this tiny initiative developed to such an extent, integrating the employees from the entire Medicover Group. We can also say that the Medicover Runners system benefits our clients. And it is the most fun way to spend active leisure time. What's even better is that it fits perfectly into our company mission to keep the patients as healthy as possible. I have great hopes for Medicover Runners and I will do my best to expand this initiative further.

Artur Białkowski
Commercial Director
Branch Director
Member of the Board

Medicover Sp. z o.o.
Medicover Försäkrings AB
Polish subsidiary



MEDMAGAZYN



“medMagazyn” is an excellent communication tool with our patients. Reliable medical expertise, presented in a simple and accessible manner, with an interesting layout, supported by the knowledge and experience of experts – all these are undoubtedly the assets of the magazine. It makes the readers appreciate the magazine and receive positive reviews. I am glad that as a member of the Editorial Board I may contribute to creating this interesting initiative.

**Dr hab. n. med.
Bożena Walewska-Zielecka**
Deputy Director for Clinical
Affairs, Medicover

- **aim:**
health education
and disease
prevention
- **mission:**
raising awareness
about health and
the impact attitude
and daily routine
has on your life
and health
- **contents:**
supervised
by Medicover
Group physicians
- **profile:**
education
and advice
- **issue:**
bi-monthly



Each issue of “medMagazyn” is a valuable source of advice and offers guidelines for a healthy lifestyle and disease prevention, and is the result of the collaboration between our medical experts and the Editorial Board. I believe it offers our readers the opportunity to live healthier and better lives. “medMagazyn” is an outstanding project created by a dedicated team. But most of all, it is a source of reliable information, and working on it gives us much pleasure!

Joanna Archacka-Stachura
Project Coordinator at the
Medicover Foundation



“medMagazyn” contains not only articles on health, but also many interesting pieces of advice on keeping a healthy lifestyle and proper dietary habits. It contains materi-

als promoting all forms of physical activity and interesting facts from the world of medicine, as well as practical advice on such things as first aid. An advantage of “medMagazyn” is also the clear thematic division of the topics presented. Working on this project is satisfying, and the best reward for the effort contributed is the satisfaction and positive reviews we receive from our readers. It is nice that many of them impatiently await future issues of the magazine, available also in an online version.

Ireneusz Urbanke
Emergency and
Hotline Manager,
Medicover

READERS ABOUT “MEDMAGAZYN”

“...factual, full of useful information, clear, and written in a simple style despite its professional character”.

Anna

“...congratulations for the idea and I keep my fingers crossed for “medMagazyn” to keep up such a high level”.

Marzena

“Interesting articles in the “Travel Medicine” section could be read in one go, and magnificent photos make me want to plan another trip”.

Elżbieta

“Since I began to use Medcover services, I read each issue of “medMagazyn” with pleasure, as it offers a huge dose of medical information and inspiration on how to maintain a healthy lifestyle”.

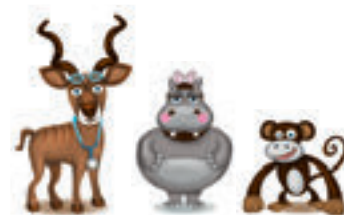
Jolanta

“... this is a great thing to read when you are waiting for an appointment”.

Pani Marzena

Cartoon

There's always a cartoon for our younger readers to view. Its animal characters were created by 12-year-old Wiktoria. These helped our children face the appointments with medical staff which sometimes can be difficult.



18
issues

425
articles

40
members of the team engaged in the preparation of „medMagazyn”

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AVAILABILITY

● **free paper version:**
Medcover Centres

● **digital version:**
www.medcover.pl

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in InMedio kiosks

OTHER PROJECTS

Interdisciplinary Clinic

PROJECT GOAL:

For some years, the Medicover Foundation has supported the Pre-Adoption Intervention Centres in Otwock and Częstochowa. Many children staying at these Centres suffer from Foetal Alcohol Syndrome (FAS), among other related medical conditions. These children receive a comprehensive medical assessment which enables the Centre staff to properly support their development. Time is of the essence for each of these children – the quicker they are diagnosed, the better the chance they can make up lost time and can catch up with their peers who have been raised by their families from the day of birth. To this end, in collaboration with the Adoption Families Foundation and the Paediatric Ward of the



Medicover Hospital, the Medicover Foundation commenced a pilot project called the Interdisciplinary Clinic. Each child was examined for FAS by qualified specialists from the Adoption Families Foundation, and referred for comprehensive medical diagnosis by a team of specialists at the Medicover Hospital in Wilanów. In 2015, the preliminary work was completed, the project was launched and diagnosis of the first children commenced. The Medicover Foundation plans to continue the project in 2016.

AID BENEFICIARIES:

12 children up to age 3, transferred from the Pre-Adoption Intervention Centres to foster care institutions (Family Children's Home or Kids Shelter).

FAS training

PROJECT GOAL:

The continuation of FAS training was funded, as in 2014, by the Batory Foundation. The Medicover Foundation's role was to organise

and provide needed conference facilities free of charge (part of the training was held at the Medicover Hospital, and part at the conference rooms at Head Office at Aleje Jerozolimskie in Warsaw).



AID BENEFICIARIES:

In 2015, the training was attended by 40 diagnosis specialists.

WORKSHOP TOPICS

Deepened diagnosis of the neurological development.

Therapeutic options for FAS children.

Reflex therapy.

Mind your memory



PROJECT GOAL:

A programme of health promotion, early detection and prevention of cognitive disorders in the elderly was launched in 2015 (co-funded by the Ministry of Work and Social Policy – ASOS). Its aim is to provide information on how to care for seniors suffering from dementia. Participants learned how to recog-

nize the first symptoms of memory impairment and how to prevent or delay its onset; they were shown exercises to improve memory and learned how to cope with emotions (such as anger, guilt, helplessness, sadness) which are often evident in dementia patients. Moreover, the participants were provided with educational materials and publications with practical advice. ASOS funds for the programme were acquired by the Medcover Foundation, and it was coordinated by Karolina Jurga, a psychologist from Care Experts.

BENEFICIARIES:

Programme aimed at people aged 60+ residing in Mazowsze – either suffering from dementia themselves, or are taking care of an elderly person with impaired memory.



We would like to share our knowledge and experience to help support people suffering from late-life diseases of the elderly and their guardians. We see the need to raise their awareness of the causes and provide information about early detection of memory disorders.

Karolina Jurga

Psychologist for the Elderly
People and Programme
Coordinator

The Sounds of Dreams

PROJECT GOAL:

Under the Sounds of Dreams programme implemented by the Orange Foundation, children coming from small towns and villages with hearing defects may benefit from hearing and speech home therapy. In addition, there were two free summer rehabilitation programmes for these children. The therapeutic support was provided by 17 therapists, including a sign language translator.

AID BENEFICIARIES:

Participants of the Sounds of Dreams programme – in total 60 children with their caregivers.

MEDICOVER FOUNDATION ACTIVITIES:

During the summer holidays, the Medcover Foundation provided medical care to 60 young children with impaired hearing, and carried



out a 2-hour medical examination and consultation with each child.



Summer rehabilitation holidays are one of the main projects of the Sounds of Dreams initiative of the Orange Foundation. The beneficiaries of our programme may take part in free two-week holiday sessions, where they undergo intensive daily therapy. Participation in the summer programme means additional hours of needed speech therapy for a child which directly affects the pace of acquiring language skills. For every participant – rehabilita-

tion specialists, children and parents – this time spent together is also an opportunity to establish friendships. A time when we learn to look at each other with understanding and acceptance. We thank the Medcover Foundation for joining this project again.

Ewa Krupa

President of the Board
of the Orange Foundation

STATISTICS

100%
RESPONDENTS
KNOW THAT
THE MEDICOVER
FOUNDATION
OPERATES WITHIN
THE MEDICOVER
GROUP



99%
RESPONDENTS
ARE AWARE
OF THE
PoZdro!
PROGRAMME

72%
RESPONDENTS
ARE ENGAGED
IN A PROJECT
CONDUCTED BY
THE MEDICOVER
FOUNDATION

58%
RESPONDENTS
VOLUNTEER
OUT OF A DESIRE
TO HELP OTHERS

46% participate in volunteering
for their own enjoyment

38% like feeling
needed

33% want to meet
new people

19% spend their spare
time in this way



88%
RESPONDENTS
DO NOT
VOLUNTEER
BECAUSE THEY
ARE TOO BUSY

23% lack
self-confidence

22% lack
motivation

16% lack adequate
knowledge

6% lack adequate
skills

THANK YOU



Volunteers and the Medicover Foundation Team (at the bottom, from the left):

Kamila Szarejko,
Joanna Archacka-Stachura,
Katarzyna Kostuch,
Agnieszka Skowrońska,
Marcin Radziwiłł,
Aneta Stępniewska-Kosińska,
Kamila Kaniowska,
Anna Filipiak,
Dagmara Iwaniak,
Magdalena Potocka-Zwoźna

2015 was a year of continuation of ongoing programmes for the Medicover Foundation, and implementation of new projects with the aim of promoting physical activity and healthy lifestyle, as well as helping people in need.

We are very happy with the extraordinary commitment of volunteers who dedicate their time to help others. It gives us a lot of pleasure to know that the aid we

provide is of huge importance to the beneficiaries, and that so many positive emotions can be drawn from seemingly small things.

The projects implemented by the Medicover Foundation show that there are many people and institutions who need help and that joint, carefully planned and consequently executed initiatives may make many people live better lives.

Thank you for your support. The Medicover Foundation Team.



MEDICOVER
FOUNDATION

www.medicover.pl/fundacja