

REPORT 2016

ON THE ACTIVITIES
OF THE MEDICOVER
FOUNDATION



MEDICOVER
FOUNDATION



MEDICOVER
ASOCIAȚIA



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FREDRIK RAGMARK
Group Chief Executive Officer

Dear Friends of the Medicover Foundation!

One of my most joyful moments each year is the privilege of writing these few introductory words to the Medicover Foundation Report. I am inspired by knowing that the role of the Foundation is an expression of the values that we profess both as individuals and as an organisation: commitment, care, and cooperation.

This report contains an overview of the many initiatives and activities we introduced and supported last year. As in previous years, the most significant of these is “PoZdro!”, a two-pronged programme focusing on the prevention of Type 2 Diabetes among teenagers through both the promotion of healthy lifestyles and by offering free health screenings. In 2016 we screened 7,654 students, over 1100 of whom - together with their parents - participated in the two-year health education programme. It is the continued success of “PoZdro!” that especially fills me with pride.

In the second half of 2016 we were fortunate to receive funding from our majority shareholder, the Jonas & Christina af Jochnick Foundation, to implement

a parallel anti-diabetes project in Romania. Our goal over the next five years is to help as many children there avoid developing Type 2 Diabetes as we have in Poland.

Another unique project was the launch of the first Queen Silvia Nursing Award (QSNA) in Poland. QSNA is an annual competition for nursing students who submit ideas for improving eldercare. The award was established four years ago in Sweden, where Medicover was one of its co-founders, and Poland is the third country (after Finland) where this honour is bestowed. Her Majesty Queen Silvia personally presented the award to the first Polish winner in March, 2017, at a ceremony at the Swedish Embassy in Warsaw. This project perfectly highlights the importance that Medicover attaches to education and innovation.

Let me finish with words of gratitude and appreciation to the Medicover Foundation team, under the leadership of Marcin Radziwiłł, for their fantastic enthusiasm and energy – without them these projects would not be possible at all.

Supposedly every five years we should change something in our lives in order to feel we are growing and developing. In our case we can say that our organisation, the Medicover Foundation, is growing and changing. This is due to the people who are continuously proposing new projects and activities on an ever-increasing scale. At the same time, these initiatives are based on the solid foundation of nine years of experience.

Year 2016 once again witnessed the strength and uniqueness of the people who comprise the Medicover and Synevo Groups. This report is dedicated to these employee volunteers, and thanks to them, our work is not only meaningful, but exceptional, because each person involved is an extraordinary, charismatic individual. We are indebted to this group of 600 volunteers who enabled us to help over 44,000 people within 44 projects. Such committed support is only possible through the work of creative influencers, who are adept at discovering the diverse needs of people and organizations in our communities. These volunteers are, in turn, supported by a skillful Foundation staff which provides equal energy to both long-term planned initiatives,

as well as one-time ad-hoc campaigns. These individuals not only volunteer their time, but they embrace the chance to suggest and develop additional projects and activities.

The successes we enjoyed in 2016 are also a testament to the trust and confidence in what we do and the way we operate. Her Majesty Queen Silvia of Sweden demonstrated this confidence by entrusting us with the organisation of a competition in her name. We also appreciate the continued support of the Af Jochnick family, through the Jonas & Christina Af Jochnick Foundation, which donated a grant to launch the “InCerc” Programme in Romania, an extension of our largest programme “PoZdro!”, in Poland.

Health is key. When you are healthy, you can move mountains. When illness appears, it becomes the centre of our world - whether we want it to or not. What we are trying to “infect” people with (and we have proof that it is working), is an appetite for health and a life full of energy.

We are entering the tenth year of the Medicover Foundation. We will do everything to make this year as fruitful as the previous one.



MARCIN RADZIWIŁŁ
President of the Medicover Foundation



THE MEDICOVER FOUNDATION



The Foundation's mission



The year 2016 was another in which the Foundation fulfilled the Medicover Group's social mission. It initiated and implemented programmes and projects resulting from a careful determination of the needs of a particular social group. Each time, it proposes the best available solutions and methods to tackle health-related problems. Children, adolescents, their families, schools, and seniors form the main focus of

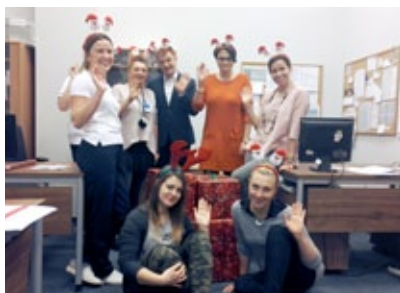


people to take responsibility for their own health and to adopt a healthier lifestyle. The Medicover Group's extensive medical experience, resources and expertise form the basis of all the Foundation's programs.

The Medicover Foundation motivates, teaches and integrates.

When I look at everything that we have managed to achieve over the past year, I am again very impressed. It's great to work with people who, with courage, zeal and kindness, want to change the world. These are people for whom the impossible does not exist, and who selflessly seek to help others as part of the volunteer projects of the Medicover Foundation. I believe that by participating in their activities, each of us is also gaining a better perspective of what is important in life. I applaud your incredible commitment and for the fact that thanks to you I can be proud of what we do, and how we are able to influence other people's lives.

John Stubbington
Chief Executive Officer
Medicover Group



the Foundation's activities, and these target groups are reached through preventive, educational and volunteer programmes, whose impact is noticed both in Europe and abroad.



The Medicover Foundation was created to make life for the people and communities it serves easier, happier and healthier. Through innovative approaches, the Foundation raises people's awareness of health-related issues, spreading knowledge and motivating people to take care of their own physical and mental health. It focuses especially on projects which foster self-reliance, to encourage





The areas of activity of the Medicover Foundation



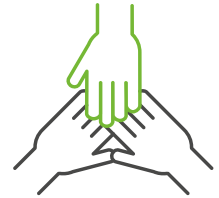
PROMOTING A HEALTHY LIFESTYLE



EDUCATION



PREVENTIVE HEALTHCARE

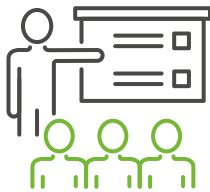


EMPLOYEE VOLUNTEERING

How do we help?

OUR PHILOSOPHY ON HELPING...

We work holistically, helping in different areas, in different fields and in different ways. We know that effective help must be comprehensive.



WE EDUCATE

through organising workshops and lectures.



WE SHARE THE EXPERTISE OF MEDICOVER AND SYNEVO,

by providing free comprehensive medical tests and examinations.



WE ORGANISE FUNDRAISING CAMPAIGNS.



WE ORGANISE VOLUNTEER ACTIVITIES.

Teamwork, independent decision-making, credibility, entrepreneurship and passion for quality are the values of Medicover. They define one common direction with which we identify, and which we translate into our everyday behaviour and work. This is our signpost: a reference point for us in the fulfillment of our duties. We owe our success to our employees and colleagues who carry out their tasks with passion and commitment, creating a unique organisational culture. I am proud that our employees are so actively involved in social campaigns and are able to help others thanks to the thriving nature of the Medicover Foundation.

Catherine Crevesy
Human Resources Director
Medicover Group



Medicover Foundation in numbers

44

projects

500

institutions

over

600

volunteers

almost

44,000

beneficiaries



MEDICOVER IN ROMANIA



Operations in the Romanian market

Romania is where the Medicover Foundation recently turned to actively begin operations to organise charity and health promotion campaigns. Known there as the Medicover Association, one of its primary missions is the introduction of the first prevention program for Type 2 Diabetes in

Romania based on the „PoZdro!” Programme. This initiative will be aimed at students in the first two years of secondary school, as well as their parents and educators, and will be coordinated by co-workers from Medicover Group companies operating in the country.



The goal of the Medicover Association is to convince children, adolescents and adults that by making the right choices every day, they will greatly improve their physical and mental health. This mission will be achieved through a variety of activities, mainly focused on the medical aspects of social life, e.g., volunteering, education and healthy living. Proponents and employees of the Association believe in the power of preventive health care, which can protect against the consequences of bad habits.

The launch of this major program is due to the generous support from the Jonas & Christina Af Jochnick Family Foundation, and will begin in 2017 in two cities, with more added the following year.

This initiative will be implemented at the start where 12,000 children will be examined, from which 3,000 children and their families will join in the health coaching programme.

The project will be called “InCerc”, which has a double meaning. First it means “inside the circle”. In other words, that we are all part of “the circle” of society and we do our best to help and support each other. “InCerc” also means “to try”, suggesting that every day we try to be better, to improve our health and lifestyle. Both meanings are positive, as we all live in a community that works hard to improve its health.

In 2016 in Romania we focused on the development of the InCerc Programme

and launched a volunteer programme that allows employees to help others. We managed to organise the first and very successful venture in late November. We offered support to a social welfare home, which cares for sixty children through internal and external activities. We provided the children with winter gear, including winter shoes and school backpacks.

Volunteering is one of the two most important areas of our activities in 2017. It will help us gain experience and will provide a social purpose for many of our co-workers.

George Istrate
General Manager,
Medicover Association



The program will cover:

12,000
children -
basic stage

3,000
children at risk -
specialist stage

Minimum
3,000
people - educational
workshops

2
cities in
Romania

6
years

Although the Medcover Association has only just begun operating in Romania, I am confident that the team will do a great job of implementing their projects. I had the opportunity to participate in only a small part of their activities, but it was fantastic to see the chemistry between them and how successful they were at bringing people together. The Medcover Association is devoted to the people, and teaches how to give back what we receive, and how to continually spread the good around us. I am extremely proud of the team and volunteers, and I am delighted that their ideals have been accepted by the children who always enjoy the activities prepared for them. It is precisely this kind of bond that the Association creates, which we needed for the 20th anniversary of our presence in Romania.

Adrian Peake
General Manager
Medcover Romania



I'm happy to see the Medcover Foundation start its activities in Romania and bring people from both Medcover and Synevo together for the good of those in need. It's also important for us to promote preventive health care and health education, and Synevo is delighted to support the diabetes prevention programme that the Association will implement starting 2017.

Laurentiu Luca
General Manager
Synevo Romania



Our first activities in Romania made me proud of the Romanian team. By giving something of ourselves to the community in which we live, we make small changes - step by step. The feeling of being part of a larger cause unites co-workers as human beings. Job titles disappear, leaving only new friends. I will never forget the smiles on the children's faces during the event and the feeling that they are as unique as we are. I would like more of my colleagues to join the Association, sharing with us the satisfaction of this experience!

Sabina Pometcu Ursu
Head of Marketing and Communications
Medcover Romania





“PoZdro!”

– A FEW STEPS TO HEALTH



The “PoZdro!” Nationwide Programme for Diabetes and Lifestyle Diseases Prevention is the largest programme of its kind in Europe.

The World Health Organization (WHO) recognizes two non-communicable diseases which have become worldwide epidemics: Type 2 Diabetes and Obesity. Seeing the need to raise awareness of the impact of these illnesses, three years ago the Medicover Foundation introduced the “PoZdro!” programme aimed at preventing the myriad problems of overweight and obesity among Polish youth.

Since the programme’s inception, we have screened 17,411 first year junior high school students in four Polish cities, and provided their parents with a report of their child’s health. The screenings showed that 22% of the examined children are overweight or obese, over 80% have posture defects, and over 60% are short of breath after climbing four floors. This means that as many as 2,611 children in the examined group are threatened with lifestyle-related diseases. In order to help these children we created the free 2-year “PoZdro!” programme which introduces them to a 9-step plan aimed at improving their

lifestyle habits. We help families (as shown by the example of Jaś) change their eating and physical activity habits. By combining the knowledge of best practices, specialists’ advice, and experience, we are becoming more and more effective in our fight against obesity. The 9-step plan introduces different methods to encourage more physical activity, supporting and encouraging the children to adopt this new approach. One of the main motivators is the inspiring stories of our “graduates”. The young people join the programme full of hope, but also full of fear, because “change” sounds difficult. When they leave the programme, they are stronger, they have more confidence and clearly-defined targets. They often also have the desire to “infect” others with a healthy lifestyle. Families discover the joy of spending time together, children receive enormous support from their loved ones and an entirely new quality of family life is built as a result. At the end of 2016, we obtained a grant enabling us to expand our activities to Romania where we will continue our fight for a healthier young generation.

Kamila Szarejko
Manager of the “PoZdro!” programme

STEP I

THE MEDICOVER FOUNDATION AND THE LOCAL MUNICIPAL AUTHORITIES TOGETHER DECIDE TO CARRY OUT A PROGRAMME FOR OVERWEIGHT AND OBESITY PREVENTION AND TO PROTECT CHILDREN FROM DEVELOPING LIFESTYLE DISEASES.



Lifestyle-related diseases such as Obesity and Type 2 Diabetes affect ever expanding numbers of young people. The "PoZdro!" programme activities carried out by the Medicovert Foundation show that good cooperation between the municipal authorities, schools, parents, and the Medicovert Foundation can bring tangible results. Those activities also outline the direction that should be followed to achieve further successes. At the moment, the third year of the much-sought-after programme is being carried out in Lublin. By working together to organise preventive and educational activities, and to promote more free-time physical activity, we strive for the healthy future of our children.

Krzysztof Żuk
The President of Lublin



SPORTS ACTIVITIES, LUBLIN



SPORTS ACTIVITIES, GDYNIA



One of the important tasks local authorities face is encouraging proper eating habits in the youngest inhabitants of Gdynia. Those activities are based to a large extent on building social awareness of the principles of healthy eating and healthy lifestyle. Success in accomplishing these goals is ensured by overcoming the challenging task of involving both children and parents.

I encourage you to pay attention to the "PoZdro!" programme, which has been implemented in Gdynia for some time already. It is one of those valuable initiatives that, both in their assumptions and in practice, engage entire families in various types of activity. Not only do the project participants have the opportunity to gain knowledge about healthy eating and work on developing proper habits in this area, but they can also meet with psychologists supporting the programme, and can work towards increasing their level of physical activity. Undoubtedly, the implementation of the "PoZdro!" programme in Gdynia has had a tangible effect on the quality of life of many young inhabitants of our city, making them much healthier and thus much happier.

Bartosz Bartoszewicz
Vice-President of Gdynia (Education and Health)



SPORTS ACTIVITIES, WROCŁAW

We implement and support a series of preventive campaigns, including the promotion of an active lifestyle. The "PoZdro!" programme of the Medicovert Foundation ideally suits the health policy adopted by Wrocław. The programme's components, which include both activities within the school environment and also within the family of the child as well, help to bring about a real social benefit of decreasing the number of young people at risk of lifestyle diseases. Our common mission is to build the awareness of health issues and to directly combat overweight and obesity, a growing plague among teenagers.

Rafał Dutkiewicz
The President of Wrocław

The decision to cooperate in the implementation of the "PoZdro!" programme in our district was natural for us. Since the launch of this valuable initiative in Warsaw, and being aware of the challenge and the current needs, we have been supporting the Medicovert Foundation's activities aimed at improving the health and increasing the physical activity of the participants.

Today, after three years of the programme in the Praga Południe district, and seeing the clearly visible benefits already for the participants of the programme and for society in general, I can recommend participation in the programme both to families and to other local authorities.

Jarosław Karcz, Deputy President of the Praga Południe District



SPORTS ACTIVITIES, WARSZAWA

STEP 2

THE MEDICOVER FOUNDATION AND SCHOOL AUTHORITIES PRESENT THE PROGRAMME TO PARENTS, WHO THEN GIVE THEIR CONSENT TO THE SCREENINGS. LOCAL "POZDRO!" COORDINATORS HAVE BEEN OPERATING IN FOUR CITIES SINCE 2014.



In 2016, during the second year of the "PoZdro!" programme in Lublin, we covered as many as 32 junior high schools with free screening examinations. We checked the health of 1,695 first grade students and invited 278 families to participate in the Integrated Individual Care (IIC) part of the project. Over 16% of the examined students were found to be at risk for lifestyle diseases, including Type 2 Diabetes. In September 2016, we started the third year of the programme in Lublin. This is the last year of screenings and the last chance to take part in the "PoZdro!" programme.

Agnieszka Skowrońska
Local Coordinator of the "PoZdro!" programme (Lublin)



In 2016, during the Comprehensive Health Analysis (CHA) screenings carried out in Wrocław, we examined 2,812 children, out of which 424 were found to be at risk. Currently, the "PoZdro!" programme in Wrocław covers 240 actively participating families. All 39 junior high schools in Wrocław joined the "PoZdro!" programme in 2016.

Katarzyna Kostuch
Local Coordinator of the "PoZdro!" programme (Wrocław)



In Warsaw, it is already the third and last year of the "PoZdro!" programme. Over 50 schools in Warsaw have joined the project, 5,862 students have been screened, over 7,000 individual specialist consultations have been carried out, and almost 100 hours of educational workshops on healthy lifestyle have been provided.

Kamila Kaniowska
Local Coordinator of the "PoZdro!" programme (Warszawa)



In June 2016, we completed the third year of the "PoZdro!" programme in Gdynia. We screened 69% of junior high school students not only in the city, but also in the neighbouring community of Kosakowo. As many as 229 families were invited to individual specialist meetings within the Integrated Individual Care part of the programme.

Anna Filipiak
Senior Programme Operations Coordinator (Gdynia)

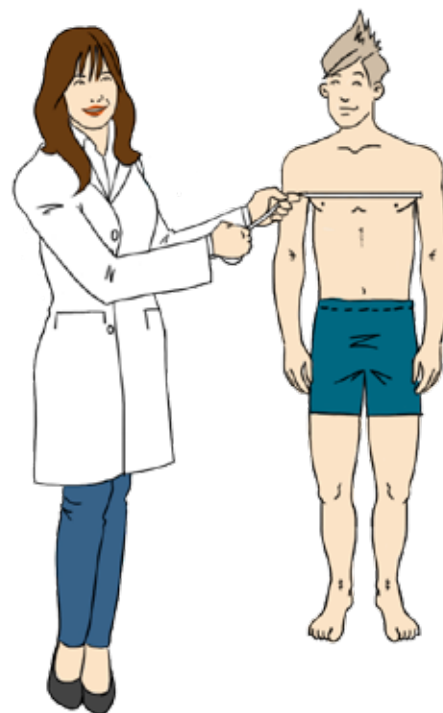
STEP 3

THE MEDICOVER FOUNDATION TEAM PERFORMS SCREENINGS ON SCHOOL PREMISES.



With the consent of their parents, we cover first year junior high school students with free examinations. The first stage of the "PoZdro!" programme is the so-called Comprehensive Health Analysis (CHA), which includes blood pressure measurement, visual acuity test, and examination of body posture, including flat feet screening with a computer podoscope. We also perform a cardiorespiratory fitness test. If risk factors are discovered in the child that favour the development of lifestyle diseases, we qualify the child for participation in the next part of the programme.

Renata Sidor
"PoZdro!" nurse (Lublin)



STEP 4

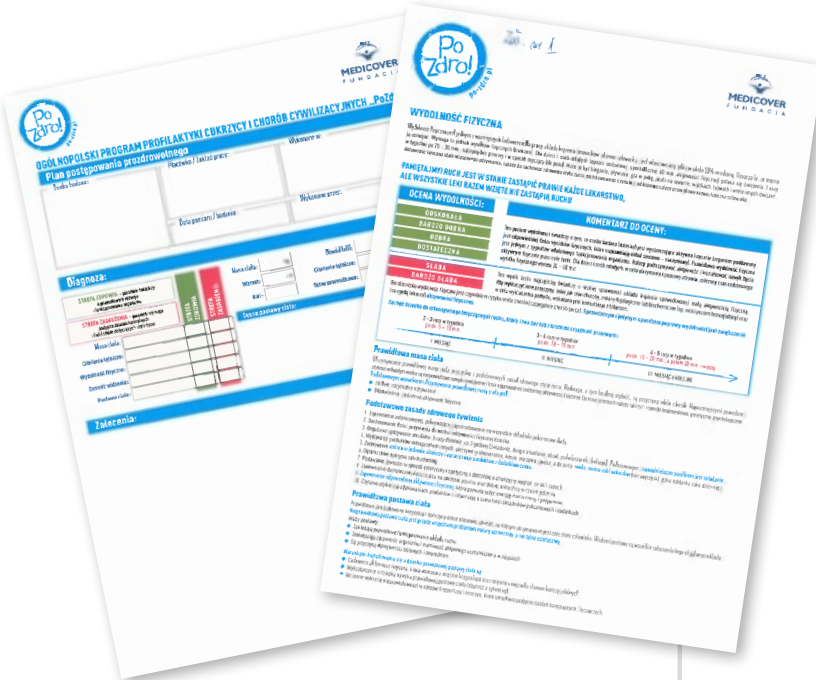
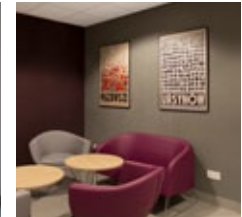
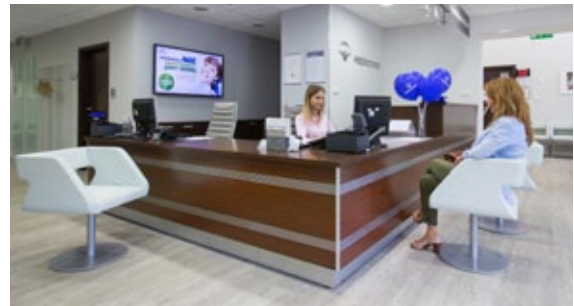
PARENTS RECEIVED CHILD HEALTH CARDS. IT TURNED OUT THAT JANEK KOWALSKI WAS IN THE 90 PERCENTILE OF THE BMI INDEX, AND THUS WAS IN THE RISK GROUP. HIS PARENTS DID NOT REALIZE THAT IT COULD THREATEN HIS FUTURE.



During the first contact with a family carried out as part of the "PoZdro!" programme, we make all family members familiar with the elements of the programme, which includes informing them about which specialists (a physician, dietician, trainer, psychologist) are available to them, and we invite them to educational workshops and sports activities that are organised periodically, on average once every two months.

Marta Związek

Receptionist of the "PoZdro!" programme in Wrocław (regular occupation: Globis Customer Service Coordinator, Wrocław)



STEP 6

AT EACH VISIT, JAŚ, HIS MOTHER AND HIS FATHER VISIT FOUR SPECIALISTS: A DOCTOR, A DIETICIAN, A TRAINER, AND A PSYCHOLOGIST.

STEP 5

JANEK AND HIS PARENTS WERE INVITED TO TAKE PART IN THE FREE TWO-YEAR "POZDRO!" PROGRAMME. THEY WERE OFFERED 32 VISITS, EDUCATIONAL WORKSHOPS, SPORTS ACTIVITIES, AND LABORATORY TESTING.



In the physician's office, we assess children's health based on a physical examination, medical history, and the results of laboratory tests. At each visit, we measure their body weight, BMI, and body composition, using specialist scales that measure bioelectrical impedance. This allows us to estimate the percentage composition and proportions of body fat, muscle and water.

It is worth emphasising that the decision to change current habits to a healthy lifestyle is often the participants' first serious and independent life decision, which will have far-reaching positive health effects for them during their entire life. We are pleased to see them so proud of their achievements.

Renata Pusiarska MD
"PoZdro!" doctor (Lublin)



In the "PoZdro!" physical activity specialist's office, we work on physical performance, the strength of the upper body muscles, and agility. We want the participants to know what a healthy life entails and we want them to go out of their homes to ride a bike, skate, ice-skate or go to the swimming pool, and derive pleasure from it. During my work, I observed many successes achieved by participants who made an impressive improvement of their measurements. Subsequent measurements often indicated that the strength of the arms, agility or physical performance improved two or three times. Some participants of the programme started to practice competitive sports (e.g., basketball or volleyball). It is the great success of the "PoZdro!" programme, which makes us look into the future with optimism.

Marcin Waškiewicz
"PoZdro!" Physical Activity Specialist
(Warszawa)



The role of a psychologist in the "PoZdro!" programme is, among other things, to keep the participants constantly motivated because, just as with any change, changing your lifestyle is not easy. The psychologist demonstrates and emphasises that the entire "PoZdro!" team members are similar to "signposts" on the way to achieving success, which each participant has to reach to accomplish their goals. The psychologist also draws attention to both large and small successes, working on increasing the feeling of effectiveness and improving the self-esteem of the participants and their families.

Edyta Dutkiewicz
"PoZdro!" psychologist (Gdynia)



In the dietician's office, we determine the poorest eating habits and we work together to gradually change them. We develop a new eating regimen changing what appears on the participant's plate, which in turn results in improved laboratory tests. We replace sweets and sweet drinks with vegetables and fruit, taking care not to make it a painful process, but rather a tasty experience. A visit to the dietician's office lasts 20 minutes. During that time, we adjust the diet to the lifestyle of a given person. We change it in such a way that it treats overweight and obesity, but also improves body functioning. We change the perception of the diet: it is not a sacrifice, but a reward. The effects are visible after as few as 5-6 visits.

Katarzyna Gołębek
"PoZdro!" dietician (Wrocław)

STEP 7

JĄŚ WILL HAVE EIGHT SUCH VISITS OVER THE NEXT TWO YEARS. CHANGES IN THE FAMILY USUALLY TAKE PLACE IMMEDIATELY. BUT IT IS NOT ALWAYS THE CASE. SOME PARTICIPANTS AVOID ADOPTING ANY NEW CHANGE AND IT HAPPENS LATER. DURING THE FIRST VISIT, WE HEARD THAT JĄŚ WOULD NOT GIVE UP KETCHUP.

**ALREADY
8 KG LESS**

STEP 8

BUT FINALLY HE DID. HE STOPPED EATING KETCHUP, REPLACED SWEET DRINKS WITH WATER AND STARTED TO EAT FIVE MEALS PER DAY. AFTER THREE VISITS, HE LOST 8 KG.



STEP 9

AFTER SIX VISITS, JĄŚ DECIDED TO JOIN A BASKETBALL TEAM, EVEN THOUGH HE USED TO HATE SPORTS.

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Vice-President of the Polish Association for Health Programmes

“PoZdro!”

IN THE EYES OF PARTICIPANTS AND THEIR PARENTS



Participation in the “PoZdro!” programme brought many benefits to my daughter and our family. First of all, we realised how important healthy eating and physical activity are to our health and well-being. It showed us that lifestyle changes are possible and that they need to be introduced step by step, in a consistent manner. At each step of the programme, we could rely on specialists’ support. They gave us specific advice, explained emerging doubts, and helped with any difficulties. Experts monitored the progress my daughter was making and this made us sure that we were on the right path and that it all made sense. Now we know what conscious eating is. When shopping, we always check all product labels. At home, Kasia often asks if I have prepared the meal in a healthy way. She motivates me to cook healthy things for the entire family. Thanks to participation in the “PoZdro!” programme, Kasia also got bitten by the sports bug.

ANNA LIPSKA
the mother of Kasia,
a “PoZdro!” graduate from Lublin



The “PoZdro!” programme contributed to my improved grades at school. I nearly failed to be promoted to the second grade of the junior high school. At the time, we were only starting our participation in the programme. Now, for nearly a year, it has been easier for me to learn and I have been feeling much better. My grades have improved because my diet has changed and my concentration is better now. What helped me most were the numerous meetings with “PoZdro!” specialists. They taught me how to eat healthily, how to be better organised, and how to motivate myself to change and work with myself.

JAKUB CHĘTNIK
aged 14, participant from Wrocław,
after 6 visits in the “PoZdro!” programme



Thanks to participation in the “PoZdro!” programme, I have lost a lot of body fat. As a result, my physical performance, ability to jump, and speed on the field have improved. At the beginning of my participation in the programme, I could do only 7–8 push-ups in 30 seconds. During the last, eighth visit, I was able to do 30 push-ups, without much effort. This was a very tangible change and it filled my sails. When I play basketball or volleyball, I see that I can really jump much higher than a year ago. It was very important for me that my family supported me in all those changes, as well as the “PoZdro!” specialists. The engagement of parents is very important, and the fact that they can participate in the meetings and sports activities. Obviously, it does not relieve anyone from the duty to search for and build motivation in themselves. It is worth participating in the “PoZdro!” programme to obtain a lot of useful information, get inspired by the example and attitude of other participants, and see that the programme works and brings results! This gives a lot of satisfaction, energy and motivation to keep working.

TOMEK KOWALSKI
aged 16, “PoZdro!” graduate from Warsaw



My son used to be obese. Additionally, the medicines he took increased his appetite so he kept snacking on things, eating chips and sweets. At the beginning of the “PoZdro!” programme, the children were carefully examined to see if their obesity was related to an illness. After the examinations, we got a referral to consult an endocrinologist and it turned out that our son has thyroid problems. The “PoZdro!” programme brought a lot of positive changes into our lives, in particular in the area of nutrition. It made us totally reorganise our way of planning and preparing meals.

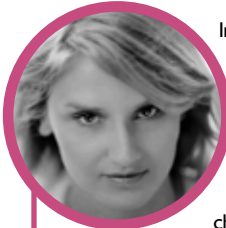
The effects, particularly weight loss, were visible from the very beginning. After two months on the programme, my son’s body fat level decreased from 21 to 18%. We can always rely on the support of a psychologist and other “PoZdro!” specialists. Thanks to them, my son has stopped eating chips and sweets. However, I can also say that the positive changes related to the programme happened in virtually all areas of our life.

AGNIESZKA JANIK
the mother of Krzysztof, “PoZdro!” participant from Gdynia



The "PoZdro!" SOCIAL CAMPAIGN FOR THE WORLD

DIABETES DAY



In 2016, on the occasion of the 25th World Diabetes Day (celebrated on 14 November), the Medicover Foundation carried out a 2-week social campaign as part of the "PoZdro!" programme. The slogan of the campaign was: "See Diabetes: let's act today to change the future".

The slogan was introduced as part of a substantial advertising effort conducted in the four cities participating in the "PoZdro!" programme. First, it involving illuminating certain buildings with blue light, and also a print and film campaign consisting of display ads and posters in public transport vehicles. In Warsaw, 15-second films with a clear message appeared on tramways, at stations and on metro trains, as well as in Hilton and Novotel hotels. On trolleybuses in Gdynia, people were informed of the World Diabetes Day by means of



posters. Some YouTube influencers were also invited to participate in the initiative. One of the exceptional elements of the campaign was the engagement of the vlogger Vroobelek — Billie Sparrow, whose YouTube episode on how she struggled with being overweight herself was seen by over 200,000 viewers.

Katarzyna Walczak-Szepszczyńska
Communications Specialist
of the Medicover Foundation



Weronika Szymańska
"Vroobelek"

A student of the University of Warsaw with her own YouTube channel, Weronika often presents content related to culture and society. She has experience in participating in social campaigns in which she tries to increase Internet users' awareness of the dangers related to excessive consumption of sugar. The campaigns were very successful due primarily to the engagement of other youtubers.

www.youtube.com/vroobelekbillie



The Arena Lublin Stadium is not only a facility that meets residents' needs for large sports and cultural events, but it is also a place with a mission. It was natural for us to join Medicover Foundation's "PoZdro!" programme by illuminating the walls of the stadium with blue lights to show solidarity with diabetes patients and support for the actions conducted all over the world to help combat the disease.

We are looked at not only by residents of the Lublin region, but also all of Europe, because we organise events of national and international importance. Since 2014, the Arena Lublin Stadium was lit with blue lights on 14 November to show support for the "PoZdro!" programme and we will keep doing it. If, thanks to our initiative, at least one person starts to take better care of his or her health, it will mean that it is worth doing!

Maciej Wątróbka
The Manager of the Arena Lublin Stadium



We are happy that we could be a part of the Medicover Foundation's campaign. In our opinion, increasing the social awareness of the growing danger of diabetes plays an important role in fighting the disease. Diabetes is becoming increasingly dangerous for young people since the first symptoms of the disease are often difficult to notice.

Since we think it is better to prevent than to treat, we were glad to be able to make our contribution to this noble action by promoting the idea on our Infoscreen media in the metro. Poland was "blue" thanks to the engagement of enthusiasts who want to fight obesity, overweight and, most of all, diabetes. Thank you for that!

Marta Grodner
Marketing Manager
Ströer Polska sp. z o.o.



BLUE ILLUMINATIONS

As a result of the Foundation's initiative, seven buildings were illuminated in blue. In Warsaw, the following structures were lit: the National Stadium (a blue circle, the symbol of the International Diabetes Federation on the façade) and the Intercontinental Hotel (inside). In Gdynia: the InfoBox Change Observatory of the Municipal Office of the city of Gdynia and the Municipal Stadium. In Lublin: the Centre for the Meeting of Cultures and the Arena Lublin Stadium. In Wrocław: one of the main junctions in the city was lit by the Green Towers office building.





MEDICOVER RUNNERS' THIRD YEAR



Medicover Runners is an initiative of Medicover Group employees who want to practice running on a regularly scheduled basis. This idea prompted the creation of a team whose members would meet for joint workouts and take part in the biggest runs in Poland, proudly wearing Medicover's blue and white colours. For some Medicover Runners, this is a return to running after many years. Often, it is the first time since physical education classes in

school. Participating in this unique sports team helps promote a healthy lifestyle, bonding with co-workers, friendly rivalry and, above all, sharing sports passion with others. More than 100 people have participated in the project since its launch, which, apart from training and participation in competitions, also includes professional sports advice and consultations, as well as training plans which prepare runners for other sports challenges.



Medicover Runners 2016 in numbers

10

starts in the biggest running competitions in Poland

75

employees take part in the programme

87

life records established by team members for different distances

27,500

kilometres in total covered by members of the Medicover Runners

Running is for everyone. This basic form of physical activity is the most natural for us. All you have to do is go outside. I had been thinking about doing some running for a long time, but it was only in June 2016 that I finally managed to do it with the Medicover Runners. Thanks to this team, my motivation is constantly growing. I repeat the classic line: "Run, Magda, run!" and I win, overcoming my weaknesses. My next goal is to complete a half-marathon.

Magda Lason
Nurse, Medicover Jerozolimskie



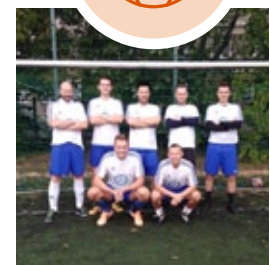
The longer I run and train other players, the more I like it. Each new season of Medicover Runners is a great adventure and challenge for me. There is a constant inflow of new participants who are candidates for runners. Sometimes there are rough diamonds among them and I take great pleasure in working with them. It gives me lots of satisfaction to observe how my trainees are developing and how the Medicover Runners project is thriving and expanding.

Jacek Wichowski
Sporting Events Specialist, the Medicover Foundation



Football team

Since the beginning of October, the Medicover Group employees' football team has been participating in the Praga League tournament, organised by the Praga Północ District Office of Warszawa. As the captain of the team, Sylwester Maicki notes: "The team is a work-in-progress, and the current competition is supposed to help us build a solid core team and integrate the new players with the rest of the team. We will play to win in the spring round of the competition."



TOGETHER AGAINST TYPE 2 DIABETES!



International team in the fight against lifestyle-related diseases



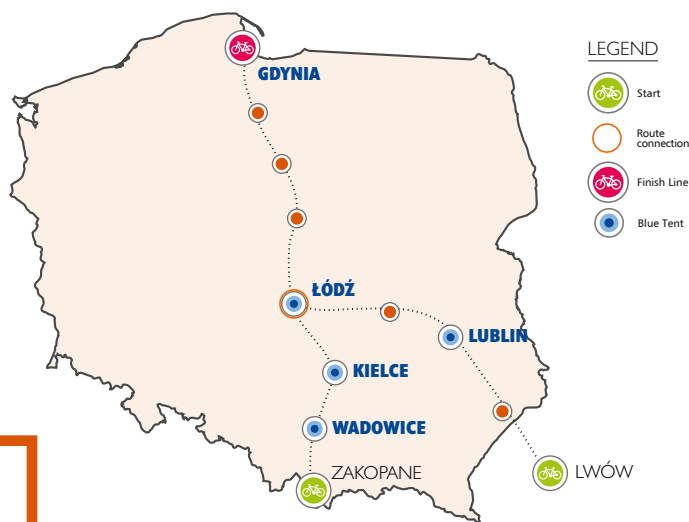
The rally is a great way to promote a healthy lifestyle. It pays to break away from the computer and take care of your health. I rode the last section of the route, about 70 km, which was my record! The pace of the ride was fast, so I got extremely tired... Participating in the rally encouraged me to cycle to work, so the purpose of the campaign was achieved.

Mirosław Suszek, Medicover Board Vice President, Director of Medicover Operations and Medical Division



The fourth year of the Medicover Foundation charity Bike Rally „Together against Type 2 Diabetes”, which aims to promote awareness of a healthy lifestyle and the importance of physical activity in the fight against the 21st century epidemic - Type 2 Diabetes, had a global reach. For the first time, cyclists from Ukraine, Germany and Romania took part in the rally to demonstrate solidarity in the fight against lifestyle-related diseases.

The competitors took off on 5 June from Zakopane/Lwów, joined their teammates on 8 June in Łódź and rode together to Gdynia, where on 12 June the grand finale took place. Twenty volunteers travelled a distance of over 1,000 km in one week. Along the rally's course, Blue Tents were set up where everyone could get a free health check-up and receive advice from specialists. As part of the Blue Tents initiative, sports activities were held involving the "PoZdro!" Programme's physical activity specialists, as well as diet workshops.



Łódź again found itself on the route of the Medicover cycling team. Two groups of cyclists from Zakopane and Lwów met in our city. The meeting point was the Blue Tent in the very centre of Łódź - at Piotrkowska Street. The Diabetobus enjoyed great popularity with our residents, where they could test their cholesterol and glucose levels. They could also take advantage of the Tanita scale and a healthy eating consultation. Overall wellness services were provided by physiotherapists at the Pomorska MC.

Małgorzata Ślimińska
Head of Medicover Centre Piłsudskiego in Łódź





Blue Tents on the 2016 Bike Rally route



On the route of the „Together against Type 2 Diabetes” Bike Rally, which was organised by the Medcover Foundation for the fourth time, traditional Blue Tents were set up, where everyone could get a health check-up and receive advice from specialists. Six Blue Tents were set up – in Lwów, Wadowice, Lublin, Kielce, Łódź and Gdynia.

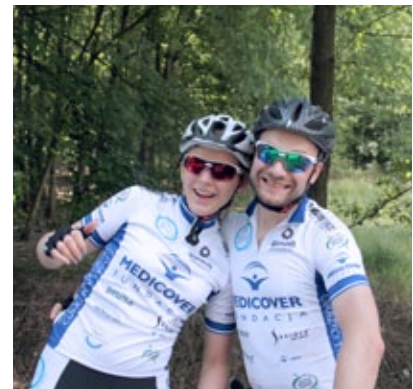
The Blue Tent in Lwów was the first preventive campaign organised by the Medcover Foundation in Ukraine.

DATE/TOWN

- 4 June – Lwów
- 5 June – Wadowice
- 6 June – Lublin
- 7 June – Kielce
- 8 June – Łódź
- 12 June – Gdynia

TESTS OFFERED

- Blood glucose level
- Blood pressure level
- Cholesterol level
- Body composition measurement
- Nutritional advice



The words „Together against Type 2 Diabetes” Bike Rally make me smile. I was very impressed with the organisation of the campaign. It is a project that is very positive in many respects - not only does it promote pro-health in Poland, but it also provides the opportunity for volunteers - cyclists - to test their skills and abilities and overcome their own weaknesses. The team motivates you to continue riding. During the rally we support each other, deal with our weaknesses, and generally have a good time. For me it was, and is, a life adventure.

Agnieszka Matusik
Corporate Documentation Specialist
Medcover Legal Department



2016 Bike Rally Stats 2016

2000

persons tested

19,800

kilometres travelled

27

participants





CHARITY EVENTS

ORGANISED BY THE MEDICOVER FOUNDATION



Volunteer work in the “Ufność” Centre

PROJECT GOAL:

For four years, the Medicover Foundation has provided support to the “Ufność” Nursing and Care Association in Częstochowa which included a campaign to collect nappies, construction of the children’s “Garden of Hope”, renovating and cleaning, and handing over the funds taken in from the 1% tax campaign. In May, the Foundation organised another event at the Pre-adoptive Intervention Centre “Ufność” in Częstochowa which involved spring cleaning in the garden surrounding the facility. Our brave volunteers

raked the grass, cleaned up the lawn and rubble, cleaned and painted the fence, planted new trees and performed other cleanup work. Magdalena Szymczyńska, the President of the “Ufność” Centre, wholeheartedly thanked all the volunteers for their work and support, and at the end presented commemorative certificates to all those who took part. The annual projects carried out by Medicover Foundation volunteers in the “Ufność” Pre-adoptive Intervention Centre in Częstochowa show how much we can achieve together.

AID BENEFICIARIES:

Newborn babies deprived of parental care awaiting adoption.



As the Finance Division, we wanted to engage in something which reflects Medicover’s primary goal of helping others. About twenty enthusiastic participants volunteered, willing to dedicate their time to those whose life is not a bed of roses. We hope that we have helped the children of the facility in Radom and that, with our support, they can feel that there is someone out there who is thinking about them, and that they do not have to go through their difficult lives alone. For us volunteers, a day spent at the facility was an eye-opener. Suddenly, all our daily problems seemed small and trivial compared to what we saw there. We were faced with a world that we usually do not want to see. This confirmed our conviction that we must help others.

Piotr Wojciechowski, Financial Director of the Medicover Division, Member of the Management Board



Volunteer efforts in Radom

PROJECT GOAL:

On 15 October 2016, volunteers from the Medicover Foundation visited the Cardinal Stefan Wyszyński Special Training and Education Centre for Blind and Sight-Impaired Children in Radom. The event was aimed at making the school corridor and the music room more lively by adorning them with the art work made by the volunteers. The project also involved organising classes for the children attending the Centre. Seeing the smiles on the children’s happy faces was the best reward for those engaged in this initiative and proof that it resulted in many joyful and unforgettable experiences.

AID BENEFICIARIES:

The children of the Cardinal Stefan Wyszyński Special Training and Education Centre for Blind and Sight-Impaired Children in Radom.



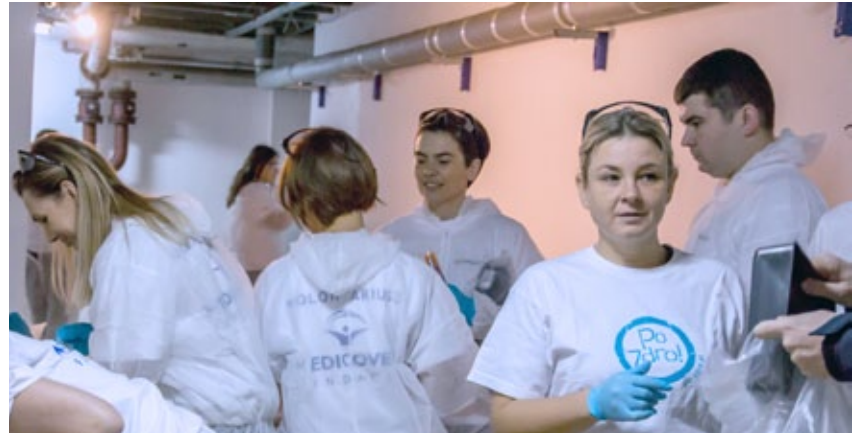
In October, we were visited by a group of fantastic people from the Medicover Foundation, who made the school corridor and the music room more lively with pictures they made themselves. At the same time, great activity organisers conducted classes with our children, giving them a lot of joyful, unforgettable experiences. On behalf of the children and employees of the Centre, I want to express our heart-felt gratitude to all those who visited our facility. We are thankful not only for the artwork that was created and for the time, but also for their wonderful kind hearts, empathy, and a lot of positive energy that they brought to our facility.

mgr Tomasz Łachut
Vice-Director for Teaching Affairs, Special Training and Education Centre in Radom





Volunteer action in the Oncology Centre



Helping others gives me a lot of joy because I know that with that we are changing the world for the better, and that every good deed is a building block of a new better reality. We need to remember that nothing in this life is given to everyone in equal measure: some of us have a lot, and others have much less or very little. This applies to health, love, friends and finances, among other things. At the Medicover Foundation, each day I see that what is impossible for one person can be done by a group of people.

We undertake charity initiatives because we want to improve social justice and show our worth. We believe that life is something more than just survival, acquisition and consumption. There are many reasons to help. What is yours?

Zaneta Sapryk-Rutkowska
Junior Investment Projects Manager
Medicover



PROJECT GOAL:

On 10 December, in the Ursynów district in Warszawa, Medicover Foundation volunteers and Dulux jointly organised an event to renovate the corridors of the Oncology Centre there.

It was really wonderful to see such a big group of selfless people get up on a rainy Saturday morning after a hard week's work and participate in the event with energy and enthusiasm.



AID BENEFICIARIES:

Children of the Oncology Centre in Warszawa.

Painting the Oncology Centre was a campaign in which the eagerness and energy of the volunteers exceeded the organisers' expectations. The speed of work was only limited by the time needed for the paint to dry and the number of available paint-brushes. Since there is still much to do, we are looking forward to the next opportunity to help. We certainly have the will, and the smiles on the faces of the Centre's employees. The sincere interest on the part of the patients confirmed our conviction that this help is much needed.

Paulina Lasocka-Wysoczańska
Head Legal Counsel
Medicover Division





PREVENTION PROGRAMMES



White Sunday in Siedlec

PROJECT GOAL:

Medicover nurses and a group of volunteers of the "Let's Win Together" ("Wygrajmy Razem") initiative performed a series of free examinations in Siedlec. Called "White Sunday", all costs were covered by the Medicover Foundation.



THE EXAMINATIONS AND CONSULTATIONS INCLUDED:

- consultations with a dietician, cardiologist, and internist,
- cholesterol level,
- blood glucose,
- blood pressure,
- BMI measurement,
- resting ECG with interpretation of the results by a cardiologist.

AID BENEFICIARIES:

Residents of the Siedlec community.

5th Novita Zielona Góra Half Marathon

PROJECT GOAL:

On 11 September, the Medicover Foundation and the Synevo medical laboratory network together supported the 5th Novita Zielona Góra Half Marathon. The two-day event included preventive screenings of the runners, the spectators gathered at the finish line, and in the office. The "European Diabetes Clinic" Foundation made their special bus - Diabetobus - available in which blood glucose level and blood pressure measure-



ments were performed. During the event, the Medical Director of Synevo and the Synevo Samples and Tests Centre employees offered advice on how to prepare the body for physical exercise. Over 300 people underwent examinations.

AID BENEFICIARIES:

Participants and spectators of the 5th Novita Zielona Góra Half Marathon.

A combination of preventive examinations, physical activity and teamwork describes the activities undertaken by Synevo in recent years. During the 5th Novita Zielona Góra Half Marathon, we provided 300 preventive examinations. In each of the 1500 run kits, the runners found discount vouchers for ScanActive laboratory test packages, earmarked for physically active people. Moreover, 11 members of the Synevo "Badamy dla sportu" [We Examine for Sport] team participated in the marathon. Medals were not the only goal. The main objective was to help others learn to take care of their own health. The entire initiative was organised thanks to the sports spirit and engagement of Medicover and Synevo employees. We are a team, not only when we participate in competitions. Each kilometre of running together not only strengthens the body and the mind, but also brings people together.

Małgorzata Łukasik
Medical Representative for
Histopathology, Synevo



4Rest Run in Niepołomice

PROJECT GOAL:

In September, a team run called the "4Rest Run" organised by a group of "Niepołomice Biegają" Association runners, was held in the Niepołomice Forest. The Medicover Foundation once again joined the project and covered the event's medical costs. The paramedics performed 150 blood glucose

tests and blood pressure measurements for runners before and after the run.

AID BENEFICIARIES:

The participants and the persons accompanying them in the 4Rest Run, which took place in September 2016 in the Niepołomice Forest.

FIRST AID TRAINING



Support for a kindergarten for autistic children

PROJECT GOAL:

The Medicover Foundation organised support for the Vitautia kindergarten, a facility for autistic children which combines specialist kindergarten care with the professional help

of a psychological and pedagogical counseling centre. Located in Wołomin, the program covered two first aid courses: one for the children attending the kindergarten and one for their parents. The event also included a dental check-up for the children.

AID BENEFICIARIES:

Autistic children attending the Vitautia specialist kindergarten in Wołomin, and their parents.



The project of supporting the Vitautia kindergarten was considered by the Medicover Foundation at my urging. I believe that the awareness of autism is still low despite the fact that it affects an increasing number of children. The kindergarten in Wołomin supports me on a daily basis in my understanding of my child's disorder. For me and other parents of autistic children, any kind of support is of great importance. The first aid training and advice on how to proceed in life-threatening situations are extremely valuable. Some of the children suffer not only from autism, but also from other diseases such as epilepsy. The paramedics of the Medicover Emergency Service told us how to help our children

and avoid harming them in the process. The training was also aimed at children attending the kindergarten. As far as I know, they were delighted. I would like to thank the Medicover Foundation for agreeing to support this extraordinary centre with the Act for Others programme. The efficiency with which the first aid training was conducted proves your great professionalism and openness to the needs of others, which makes you a trustworthy organisation.

Agnieszka Zacheja

Senior Assistant in the Medical Records Department
Medicover

Training in Klikuszowa

PROJECT GOAL:

On 6 December, the Medicover Foundation organised a first aid training session for the primary and junior high school students in Klikuszowa. As part of the event, Medicover paramedics trained 250 people who also learned, among other topics, how to call an ambulance and they became acquainted with the dispatch office rules of operation.

AID BENEFICIARIES:

Students of the primary and junior high school in Klikuszowa.



Children and teenagers require special attention. This gave birth to the idea that the Medicover Foundation should train parents and teachers in first aid. The attendance, involvement and engagement of the participants taking part in the training sessions exceeded our expectations.

Mirosław Dubielecki

Paramedic Training
Coordinator



The Medicover Foundation implements the volunteering concept through diverse charity initiatives, proposed and carried out by the employees and associates of the Medicover Group. The Foundation has adequate resources, knowledge, and experience, but if its activities are to be effective, it needs engaged people, eager to help and cooperate. The Medicover Group does not lack such volunteers. It is the sensitive hearts and exceptional qualifications of the employees of the Medicover Group that allow the Medicover Foundation to fulfill its mission. We believe that together we can do more and that this is the strength behind helping others.

Dagmara Iwaniak

Projects Coordinator, Medicover Foundation



SUPPORT FOR PEOPLE AND FACILITIES



Collection of household and personal items for the families from Milanówek who suffered loss in a fire

PROJECT GOAL:

The Medicovert Foundation employees and volunteers collected clothes and food for families in Milanówek who lost their homes due to the fire which took place in March.

AID BENEFICIARIES:

The families from Milanówek who lost their homes due to the March 2016 fire.

Saint Nicholas' Day in the AMICUS Centre

PROJECT GOAL:

In December, volunteers of the Medicovert Foundation co-organised the fourth Saint Nicholas' Day event in the AMICUS Rehabilitation Centre where a soft toy collection was held. Called "Buy a teddy for a child"



[Kup pluszaka dla dzieciaka], the collected toys were given to the children at the Centre where the atmosphere was exceptionally pleasant, warm and family-like.

AID BENEFICIARIES:

Children attending the AMICUS Rehabilitation Centre.



"Elephant of Hope": a collection of some basic necessities for the hospital in Lublin

PROJECT GOAL:

The Medicovert Foundation joined the "Elephant of Hope" [Słonik nadziei] initiative by organising a collection of some fundamental necessities for the Lublin hospital paediatric ward. The collections were headquartered at the Medicovert Customer Care Centre in Kielce and were supported by the Medicovert Centres in Lublin, Kraków, and Kielce. Items gathered included baby food jars, bedclothes, household cleaners, a highchair and a microwave oven.

This was the tenth year of the "Elephant of Hope" event made possible by the generous volunteers who take on additional roles which include helping terminally ill children to fulfill their dreams, and supporting paediatric hospital wards through the donations of equipment, medical devices, hygiene products, etc.

AID BENEFICIARIES:

Terminally ill children staying in hospital paediatric wards.

A Christmas dinner with the One Day Foundation for children living in orphanages

PROJECT GOAL:

On 18 December, a Christmas dinner was organised in the Endorfina restaurant in Warszawa for a group of 600 children living in orphanages all over Poland. Before the dinner, the children had an opportunity to visit Warszawa. There were gifts (over 800 of them!), Santa Claus, delicious food and great fun with music. The event brought smiles to the faces of the children and allowed them to forget about their daily concerns at least for a while. The Medicovert Emergency Service provided the medical coverage of the event.

AID BENEFICIARIES:

Approximately 600 children living in orphanages all over Poland.



Noble Box

PROJECT GOAL:

The Medicover Foundation once again joined the nationwide “Noble Box” [Szlachetna paczka] project where hundreds of gifts were collected and distributed to selected families from all over Poland. The volunteers of the Noble Box reported that the gifted families accepted the presents with tears of joy and emotion in their eyes.

AID BENEFICIARIES:

Families in a difficult financial situation.



It was yet another year in which the Medicover Pharmacies joined the Medicover Foundation in supporting the Noble Box project. The initiative was welcomed with enthusiasm by the entire team, including the employees of Medicover Pharmacies and Drug-stores, who were eager to take part in the collection of things for the disadvantaged. The way in which such initiatives unite people is amazing and very touching. I am happy that I could participate in and witness this event.

Paweł Mazur
Head of Pharma
Retail Division



The Anders Medicover Centre in Poznań took part in the “Noble Box” project for the second time. As befits a medical centre, we collected the money... in a waste bin (it was big enough and fit for multiple uses). The employees of the Anders Centre, together with the Sales Department, worked hard to collect funds for “Our Family”. The family thanked us profusely for the help and the gifts, which were given to them on 17 December. Participation in the collection of gifts for the Noble Box project showed that our hearts are not only there to pump blood.

Lila Michalak-Pytlak
Manager of the
Poznań Medicover Centre



A cruise round the Zegrze Reservoir

PROJECT GOAL:

On 21 September, a group of children attending the Community and Integration Centre in Piastów, Youth Sociotherapy Centre No. 8 in Radość, and the “Szlakiem Tęczy” Association for Disabled Children and Adults, together with their caregivers, took part in a cruise around the Zegrze Reservoir. This event was organised by the Medicover Foundation in cooperation with the University Sports Association (AZS) in Warszawa and the LOTTO Milion Marzeń Foundation. The cruise participants were divided into four groups, each of which was assigned a sailboat and a helmsman. Despite the fact that it was the first time that the children had taken part in a sailing cruise, they behaved like true sailors.

AID BENEFICIARIES:

The children attending the specialist centres in Piastów, Radość and Kajetany, and their caregivers.



I was very happy to take part in organising the cruise around the Zegrze Reservoir. It gave me a lot of pleasure to be able to engage such a big group of volunteers for the event. They showed that they can always be relied on, and the children were delighted. The outcome exceeded my expectations. For sure, it will not be the last of my projects supported by the Medicover Foundation.

Jakub Budzeń
Partner Cooperation Advisor
Medicover



Cooper Test for Everyone

The Medicover Foundation provided medical care for the participants of the “Cooper Test for Everyone” [Test Coopera dla Wszystkich], which took place in Warszawa.

The rules were simple: participants had to cover the longest possible distance within 12 minutes. They could walk, run or jump. The most

important thing was that they move on their feet for 12 minutes.

The event was attended by 561 people and it was organised on the occasion of the 100th anniversary of the incorporation of Targówek into Warszawa and the 100th anniversary of Warszawa’s University Sports Association (AZS).



OTHER PROJECTS OF THE MEDICOVER FOUNDATION



The “Understand Alzheimer’s disease” project

The project entitled “Understand Alzheimer’s disease: a programme for social education and support for caregivers of Alzheimer’s patients” was conducted by the Medicover Foundation from March to December 2016 and was carried out in two parallel areas. One part of the programme consisted of screenings of the film “Understand Alzheimer’s disease” [Zrozumieć Alzheimera], including discussions on the nature of the disease. The film was designed to show how a person with Alzheimer’s may perceive the world, and included special goggles and headphones with a sound imitating tinnitus which were created for viewers of the film.

The other part of the programme involved workshops for caregivers of dementia patients. This afforded those who struggle with the needs of individuals with the disease an opportunity to ask questions and to share knowledge of how to cope with their uncommon behaviours. The project involved 165 people, four screenings of the “Understand Alzheimer’s disease” film and nine workshops for caregivers of Alzheimer’s patients. A publication by the same title was created, compiling the information discussed during the meetings.



Many caregivers try to explain to the patient what he or she should not do, or criticise them by saying, “I have already told you ten times what you have to do”. Those actions prove ineffective and cause only frustration, anger, the feeling of helplessness, or depression. The aim of our programme is to explain to the caregivers that the atypical behaviours of their relatives, such as difficulties in dealing with various situations or anxiety or failure to understand the instructions, are not due to malice or laziness, but result from the patient’s distorted perception of the surrounding world.

Karolina Jurga
Geriatric Psychologist
and Programme Coordinator

The information available on the Internet doesn’t even come close to what I learned during the workshops. This applies to every aspect of Alzheimer’s disease, e.g., the way in which the Alzheimer’s patients see, hear and perceive the surrounding reality. Before participating in the workshops, I thought that I knew a lot about this disease. It turned out that I was wrong.

said one of the workshop participants



ASOS 2014-2020
Rządowy Program na rzecz Aktywności Społecznej Osób Starszych na lata 2014-2020
Ministerstwo Rodziny, Pracy i Polityki Społecznej





The “Perfect Cook” Culinary Contest

The Medcover Foundation funded the tenth “Perfect Cook” [Kucharz doskonały] Contest of Culinary Skills for People with Intellectual Disabilities (“Otwarte Drzwi”). The Foundation organised workshops on healthy nutrition conducted by Katarzyna Jankowiak, Medcover dietician, and were attended by 30 people. Special book awards were given to the instructors responsible for preparing the teams for participation in the contest.



Dental care events in orphanages



In December, volunteers from Medcover’s Dentistry Department, doctors of DentaCare in Poznań and employees of the Medcover Foundation combined forces to help children of several orphanages win the battle against tooth decay.

The project included four Santa Claus dental events and 80 little smiling faces. The event also helped bring a little bit of Christmas spirit into the lives of many orphaned children.



The program involved performing dental check-ups on the children, as well as organising lectures with a dental hygienist, who explained how to take care of their teeth to keep them healthy for the longest possible time. The children taking part in the event received special gifts.

There was no end to joy and emotions, and this was only the beginning as in 2017 we plan to continue the initiative and visit these children again.

THE ORPHANAGES VISITED DURING THE DENTAL CARE EVENT:

- the “Tęczą” Orphanage in Katowice,
- the Little Child’s Home in Krzydlina Mała near Wrocław,
- the orphanage in Gliwice,
- the orphanage in Dębinki (Wyszków district).



My assessment of the event is very positive. Not only did we manage to make the children from orphanages smile, but also to open the hearts of our dentists, who were very willing to take part in the initiative. The event showed that even a little effort can achieve a lot, and that sharing with others helps both the givers and the receivers.

Wioletta Januszczyk
Managing Director
Dental & Vision Services





A European Campaign: “Safe start, healthy finish”



PROJECT GOALS:

Medicover is the official partner of the “Healthy and Safe Workplaces” campaign, coordinated by the European Agency for Safety and Health at Work (EU-OSHA). The aim of its “Safe start, healthy finish” [Bezpieczni na starcie, zdrowi na mecie] campaign, carried out in 2016–2017, is to promote worksite preventive care during



one’s entire professional life. In 2016, the campaign included “Healthy Office” workshops, designed for office and administrative employees who work at a computer daily and want to make their workplace healthier. During the workshops, the participants learned about the concept of ergonomics, new office trends and the most common occupational diseases. Medicover experts taught them how to assess their workplace for hazards and presented easy exercises that can be performed at work. They also explained the impact of the work environment (including noise, light, temperature and humidity) on their health.

Medicover also organised the “Safe Company” [Bezpieczna firma] Medical Rescue Championships whose chief aim was to promote the idea of saving human life under any condition. Trained rescuers - amateurs



from 28 companies - took part in the “Safe Company” Championships. The contest afforded them a great opportunity to practice their skills in realistic conditions and under the watchful eye of the experts. During the championships, accidents were staged (including explosions, fires, traffic accidents and many others) by professional actors with special make-up. This enabled the organisers to present health- and life-threatening situations in the most realistic way possible.

AID BENEFICIARIES:

Office and administrative employees working at computers.



“Open Door Cup”

PROJECT GOAL:

In 2016, the Medicover Foundation participated in a unique sports event: a football tournament for the “Open Door Cup” [Puchar Otwarte Drzwi]. The tournament comprised six 10-player teams from rehabilitation and educational centres for people with intellectual disabilities in Warszawa. Approximately 100 people took part in the tournament which was organised by the “Otwarte Drzwi” Association in cooperation with the Praga Północ District Sports and Leisure Centre. The tournament for the “Open Door Cup” is an answer to the often uninspiring traditional

forms of rehabilitation. The event was aimed at establishing creative conditions for integration, ensuring a level playing field, and combating social exclusion of people with intellectual disabilities. The tournament is more than just a fight for the cup: it is also a form of therapy. Designed to increase participants’ self-esteem, it is a lesson in resourcefulness, teamwork and honest rivalry.

AID BENEFICIARIES:

People with intellectual disabilities attending the rehabilitation and educational centres in Warszawa.





Christmas dinner at the Korczak Orphanage



PROJECT GOAL:

The Medicover Foundation was invited to attend a special dinner during the week before Christmas at the Korczak Orphanage in Warszawa. The children performed an exceptional modern-style nativity play, which was followed by a formal dinner for the children, their guardians, the management of the facility, and invited guests. For over 20 years, the Medicover Foundation has provided the children's medical care at the Orphanage. This year, the Foundation's volunteers gave the children gifts made by Medicover employees. They were overjoyed, and the pre-Christmas

I take part in the events which help the Janusz Korczak Orphanage because it gives me enormous pleasure to see the children happy. Each year, we are invited to the Christmas dinner and it is always a very emotional and moving experience. Any help they receive, even small things such as Christmas gifts, is always received with joy and gratitude. I feel great satisfaction when I see the children happy. They are most delighted with simple and modest gifts. And it makes you realise what is most important in life.

Edyta Olszewska
Marketing Specialist, Medicover



gathering was a deeply moving experience for all participants.

AID BENEFICIARIES:

Children of Janusz Korczak Orphanage in Warszawa.



Support for an autistic children's school's teachers



PROJECT GOAL:

Since 2015, the Medicover Foundation has been providing medical care to the teachers of the Edmund Bojanowski "Krok po Kroku" Non-public Special Primary School in Warszawa's Wilanów. "Krok po Kroku" is a specialist educational facility designed to include children with developmental disorders, problematic behaviours (e.g., non-subordination, destruction of property, tantrums, aggressive and auto-aggressive behaviours, etc.), as well as children lacking the ability to communicate effectively.

AID BENEFICIARIES:

Teachers of the autistic children attending the Edmund Bojanowski "Krok po Kroku" Non-public Special Primary School in Warszawa.





MEDI-COVER BAND



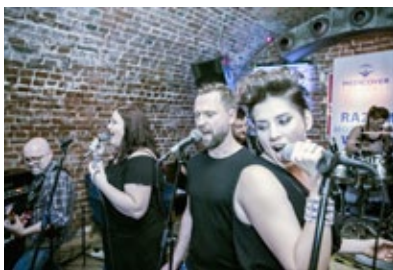
Medi-COVER Band

The Foundation's Medi-COVER Band, launched at the beginning of 2016 and comprised of employees of various departments of the Medicover Group, brings together a combination of great talent, passion, musical professionalism, and audience rapport, all of which have contributed to its stunning success. The proceeds of all the funds collected from concert performances, and from the "With music, for health" [Z muzyką po zdrowie] project, are donated to charity.



The band has recorded a Christmas song, and performed three concerts which garnered enthusiastic interest, including:

- in May 2016, Club Rock (150 people),
- in September 2016, Club 70 (300 people),
- in November 2016, Hotel Ossa (a closed event).



THE BAND MEMBERS ARE:

- **Agata Kwapińska**, Medicover Division CEO Assistant (drummer),
- **Elżbieta Tomaszewska**, Medicover Hot-Line (vocalist),
- **Dominika Forbot**, MediVision Optometrist (vocalist),
- **Bartłomiej Banaś**, dentist, Atrium Dentistry Medical Centre (vocalist),
- **Robert Kakietek**, IT Assistance Team Specialist, the Damian Medical Centre (guitarist),
- **Ireneusz Urbanke**, Medicover Emergency Service and Medicover Hotline Manager (guitarist),
- **Grzegorz Wiśniewski**, IT Manager, Invimed (bassist),
- **Michał Jasiński**, dentist, Atrium Dentistry Medical Centre (drummer).

The Damian Medical Centre is always willing to support the activities of the Medicover Foundation. With the "With music, for health" project it was no different. In our opinion, it is an extraordinary project. Playing live music supports the recovery of hospital patients. Another positive aspect is the integration of the Medicover Group employees who share a passion for music. With the activities of the Medicover Foundation and thanks to the newly-formed Medi-COVER Band, this passion has been converted into real help. This positive force and energy can be felt especially during Medi-COVER Band's concerts, which attract an ever-growing number of fans: friends of the Medicover Foundation. We take pride in being able to support this project.

Agnieszka Dzedzic-Pasik,
Managing Director, Board Member,
Damian Medical Centre

Piotr Lach,
CFO, Board Member,
Damian Medical Centre

We met in 2016 and it quickly turned out that we were all on the same wavelength. What brings us together is not only our passion for music. It is much more. We dedicate our time, we continue to grow as musicians, and we prepare new songs to increase the appeal of our concerts. It is important for the entire band that, in addition to the amazing fun, challenge and great pleasure, the concerts of the Medi-COVER Band are very much charity-oriented. We try to show that, by joining the projects of the Medicover Foundation, you can pursue your dreams and help others at the same time.

Grzegorz Wiśniewski, IT Manager, Invimed





The first series of “With Music for Health” concerts

Three concerts were held in December 2016 for patients in Warsaw hospitals to augment their medical treatment with live music. These “All Around The World With A String Quartet” concerts were organized by the Medicover Foundation as part of its “With Music for Health” project. The Quattro string quartet performed memorable pieces of classical and

film music, and patients had an opportunity to listen to some best-known works by Mozart, Vivaldi, Brahms, and Dvorak, interwoven with hot tangos from Argentina and Uruguay, as well as hits from world-famous musicals. Each of the concerts ended with the audience joining in singing Christmas carols, putting everyone in a festive mood.

All the December concerts were funded by proceeds from Medi-COVER Band performances. We can change the world for the better thanks to the talent, passion and commitment of the entire team and all Medicover employees who attended the Band’s concerts.



STOCER ORTHOPAEDIC AND REHABILITATION CENTRE FOR CHILDREN AND YOUTH IN KONSTANCIN-JEZIORNA:

The patients of the Stocer Orthopaedic and Rehabilitation Centre for Children and Youth in Konstancin-Jeziorna responded to the music with gusto. The concert was held in a large gymnasium packed with young listeners whose heads nodded to the beat of the music, their hands and feet moving to the rhythm of the songs. During the concert, the audience had an opportunity to guess the titles of each song played, as well as touch the violin and learn its integral parts. At the end, the patients not only gave the musicians a round of loud applause but also performed a Mexican wave and presented them with Christmas gifts.



GERIATRIC WARD AT THE WOLSKI HOSPITAL IN WARSAW:

The concert had a completely different dimension for the patients of Warsaw’s Wolski Hospital Geriatric Ward. The seniors and the staff listened to the music with smiles and dreamy stares on their faces and it transported them into a completely different world. For the duration of the concert, the patients forgot their troubles, became absorbed and relaxed. Some were unable to come to the concert but listened to the sounds coming from hospital corridors through the open doors of their rooms. When I asked whether they enjoyed the concert, one patient (who was in very poor health) answered with difficulty that he had liked it very much and had not expected it to be such a unique experience, and finally he smiled.



JÓZEFINA CARE HOME IN JÓZEFÓW:

For the residents of Józefina Care Home in Józefów, our concert was a major event. There were many people in the hall, some of whom were brought in wheelchairs. During the concert, some of the listeners were moving to the beat of the music which filled their bodies and stimulated them, while others were put in the state of bliss and dreaminess. The atmosphere during the concert was magical. When the quartet began to play carols, all the nursing home patients started to sing along and wanted more. After the concert, everyone participated in a group photo. One patient, enraptured by the concert, came up to us and said that he had not expected that he would get to listen to such beautiful music in his life again, and that he had never been so touched and moved by music.



The first concerts of the new project of the Medicover Foundation entitled „With Music for Health” are now behind us. I am very happy with their success, and I cannot wait for the next ones. I witnessed extraordinary transformations in patients thanks to music. Our music makes them smile and dream; it invigorates them. I am delighted to be able to take an active part in the implementation of the Medicover Foundation projects to gradually make the world a better place.

Anna Jonarska
Project Coordinator at the Medicover Foundation



QUEEN SILVIA NURSING AWARD



Competition finalists: from the left, in the foreground: Wioleta Bogusz; Zuzanna Łubiarz; Natalia Duszeńska; Agnieszka Rucińska; Michał Stolarczyk, Project Coordinator at Medicover Foundation (on the left); the Competition Jury with Chairperson Małgorzata Kijańska MD (on the right).

In the Fall of 2016, the Medicover Foundation launched the first Queen Silvia Nursing Award in Poland. The competition was open to nursing students who submit ideas for improving eldercare.

The Queen Silvia Nursing Award (QSNA) comprises both a scholarship and an internship, and was conceived as an expression of gratitude to Her Majesty the Queen of

Sweden for her many years of devotion to advancing the standard of care for seniors and dementia patients.

Poland is the third country (after Sweden and Finland) to hold this competition. It is conducted through an online platform (www.queensilvianursingaward.pl) which enables the sharing of eldercare improvement ideas – as well as thoughts and

hopes concerning nursing as a profession. The award aims both to encourage innovative ideas and also to raise awareness of the enormous contributions of nurses to society in general.

The competition was very popular with Polish nursing students who submitted more than two hundred fresh, innovative ideas on ways to enhance eldercare. The competition was based on a social networking model in which contributors' proposals were evaluated by other contributors.

My participation in QSNA was due to many factors. Apart from the great idea behind the competition, it was also the desire to advance both the field of geriatrics and my own career. Becoming a winner has offered me an opportunity to develop and broaden my horizons, and meeting Her Majesty was undoubtedly the experience of my life.

I think the contest hits the nail on the head, because it is necessary to support the development of geriatric care in Poland and throughout Europe. The prize is motivating and opens enormous opportunities for a scholarship holder. In addition, I think that the participation of nursing students in a competition organized strictly for them is extremely positive, showing that young people with their fresh perspectives have a very important role to play.

Natalia Duszeńska
Winner of the Queen Silvia Nursing Award



The organisation of the first Queen Silvia Nursing Award (QSNA) in Poland was both a great pleasure and a huge challenge at the same time. There was very little time to tackle all the technical issues (including the creation of the portal infrastructure). In addition, in late November and early December 2016, when participants were sending in their ideas, we promoted QSNA through direct meetings with students at universities with nursing faculties. It was a very intense time, but working on this project was also very satisfying. Students set the bar high and I hope next year's competition will be as fruitful.

Michał Stolarczyk
Project Coordinator at Medicover Foundation





The Competition Jury: from the left, Stanisław Maćkowiak, President of Polish of the Federation of Polish Patients; Mariusz Saganowski MD, Head of Geriatric Ward, The Wolski Hospital; Zofia Małas M.Sc., President of the Chief Council of Nurses and Midwives; Ewa Kałdaska MD, Assistant Professor at Geriatric Clinic and Polyclinic NIGRiR; Małgorzata Kiljańska MD, Operations Development Director at Medicover.

It is in the common interest to have highly educated nurses working in Poland. We believe that the future of the nursing profession lies in our hands, and it is the responsibility of the professionals to provide students with knowledge and experience and help them develop their creativity. The Queen Silvia Nursing Award is a great initiative that offers young and ambitious students an opportunity to engage in dialogue and exchange views on eldercare. The Chief Council of Nurses and Midwives takes great pride in offering patronage for this initiative, because we care about promoting good nursing practices. The scholarship and the internship will be a great start for the winner's career.

Zofia Małas
President of the Chief Council of Nurses and Midwives



Her Majesty Queen Silvia of Sweden and Natalia Duszeńska, winner of the 1st edition QSNA.

The top 40 ideas then advanced to the second stage, where they were assessed by the Competition Jury composed of members of the medical community and a representative of patient organisations. The six best ideas from this group were then selected for the third stage where the proposals were presented in person to the Jury, which made the final decision.

The winner was Natalia Duszeńska from the Medical University of Warsaw for a project entitled „It Is Never Too Late To Dream”, in which she proposed a number of ideas on how to involve non-governmental organisations, social assistance centres and local authorities to give joy to seniors by fulfilling their dreams. All their suggestions, compiled by caregivers and relatives, were then entered into a database, called the „dream base”, which is made available to the public so that anyone interested can declare their willingness to fulfill a particular desire. The jury also awarded Zuzanna



Łubiarz from the Physical Education University (AWF) in Warsaw for the project „The Light of Life”.

This year's winner will receive a twenty-five thousand zloty scholarship and an internship that will be adapted to her academic background and professional interests. The award ceremony was held on March 1st, 2017 at the Embassy of Sweden in Warsaw. This year's winner presented her project in the presence of Her Majesty the Queen of Sweden who participated in the event.

The Queen Silvia Nursing Award is a great initiative which draws attention to the needs of older people in an interesting way. The design of the competition encourages thinking about seniors by nurses with their own ideas, the large community of people who evaluate them online, as well as all others, who will learn about this programme in other ways. I am pleased that the award is meant for nursing students, because it is they who are closest to patients in need of ongoing assistance and medical care. It is exactly the young people in the profession with whom we should share the message about the role of nurses in improving the quality of care.

Małgorzata Kiljańska
Operations Development Director, Medicover



Zuzanna Łubiarz from the AWF University, awarded in the QSNA competition for “The Light of Life” project.



AWARDS FOR THE MEDICOVER FOUNDATION



Medicover Foundation and the “PoZdro!” Programme Silver Leaders in Health Care

The Medicover Foundation won the 2016 Silver Leader Award in Health Care for the concept and implementation of the “PoZdro!” Nationwide Programme for Diabetes and Lifestyle Diseases Prevention by the Jury of Leaders in Health Care Competition, now in its tenth year.

The Medicover Foundation has been rewarded for its efforts to promote healthy lifestyles among young people, and to raise awareness about lifestyle-related diseases, especially Type 2 Diabetes and its complications. The Jury recognised „PoZdro!” for its scale, complexity and content. In justifying their choice, the Jury emphasised the uniqueness of the initiative and its goal to stop the epidemic of Diabetes. The award, in the Health Promotion and Prevention category, was organised by the Journal of the Nationwide Health Care System (Ogólnopolski System Ochrony Zdrowia), and its Jury is composed of eminent experts in the health care industry.



GOLD STATUETTE FOR THE MEDICOVER FOUNDATION The International CSR Excellence Awards 2016



THE RECOGNISED MEDICOVER FOUNDATION INITIATIVES INCLUDED:

POLAND:

- “PoZdro!” Nationwide Programme for Diabetes and Lifestyle Diseases Prevention,
- “Together Against Type 2 Diabetes” charity bike rally
- support for Ewa Błaszczyk’s Alarm Clock Clinic
- organising the Christmas Eve supper at the Janusz Korczak Children’s Home in Warsaw,
- support for the pre-adoption centres in Otwock and Częstochowa,
- the Medicover Runners project.

WORLD:

- support for Ukrainian citizens who suffered during the armed conflict in their country,
- support for the hospital in the Democratic Republic of Congo,
- publishing activities of the Foundation.

A gold statuette was presented to the Medicover Foundation at the International CSR Excellence Awards for its overall charity work promoting healthy lifestyles, and for employee involvement in volunteer work.

The International CSR Excellence Awards is an international competition recognising companies and socially responsible organisations which seek to change the world for the better.

THANK YOU!



Another year has passed at the Medcover Foundation - a year full of new challenges, ideas and initiatives, and also continuing work on existing projects, all of which could not have been accomplished without the ongoing support from a wide range of people and institutions - both in Poland and abroad. Since the Medcover Foundation was created, our purpose has steadfastly been to help people in need and promote active and healthy lifestyles.

The report that you hold in your hands is a summary of the projects we accomplished in 2016, all made possible thanks to a group of wonderful, open-hearted people, whose many inspiring ideas help to make many individuals' lives better, more pleasant - or at the very least a little more joyful. These great men and women are the Medcover Foundation's volunteers.



**Thank you for your support, work and commitment.
The Medcover Foundation Team**



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www.medicover.pl/fundacja