



MEDICOVER
FOUNDATION

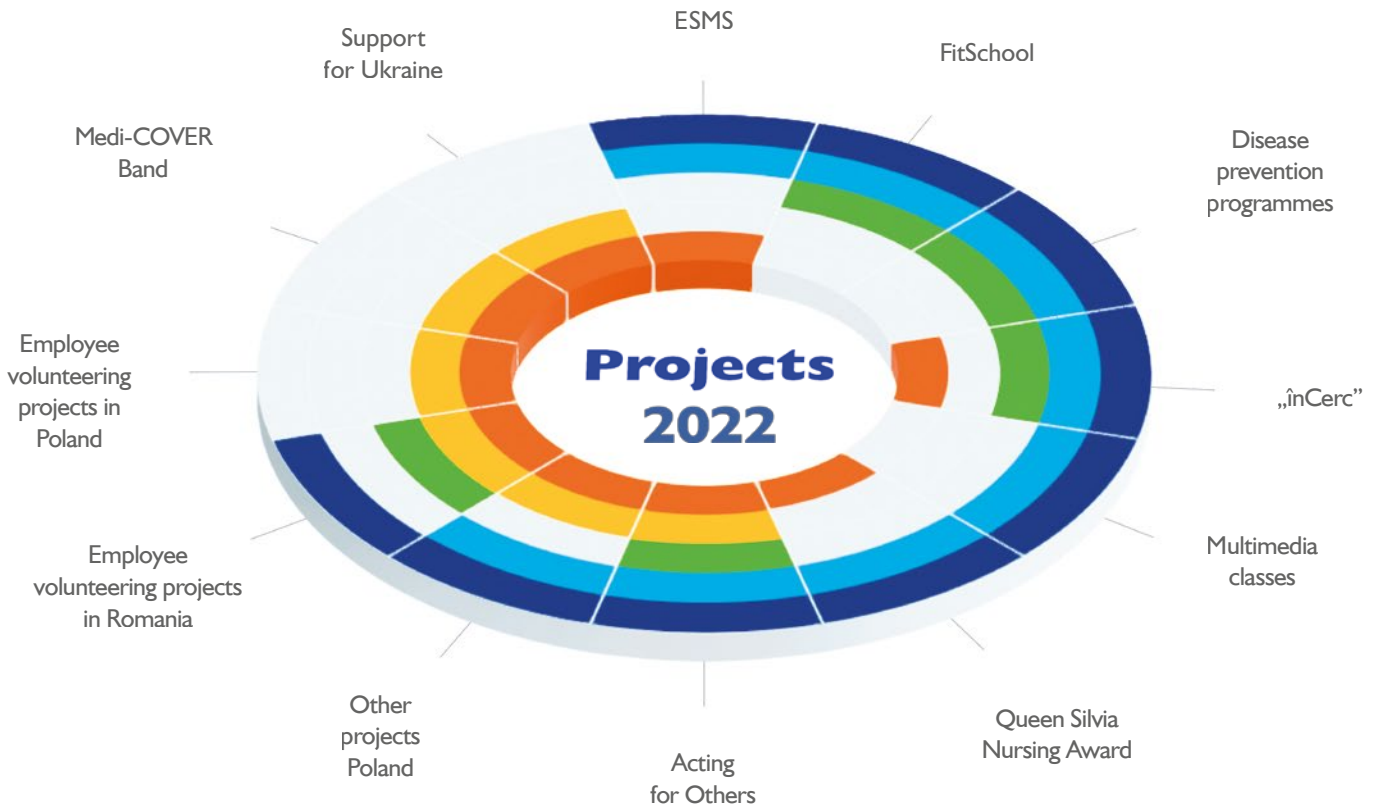
REPORT 2022
ON THE ACTIVITIES
OF THE MEDICOVER
FOUNDATION



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THE MEDICOVER FOUNDATION'S AREAS OF ACTIVITY



SUPPORT

organisational, material, and financial support



VOLUNTEERING

encouraging employees of Medcover and partner companies to volunteer



SPORTS

organisation and participation in sporting events



DISEASE PREVENTION

check-ups and screening for disease prevention, promotion of a healthy lifestyle



EDUCATION

dissemination of best practices and exchange of experience

FIND OUT WHAT'S NEW

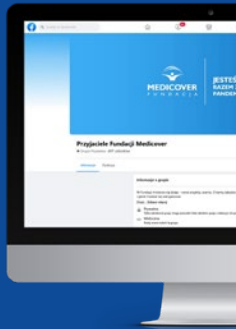


FACEBOOK

If you wish to stay in touch with us and are curious about what we have been up to, please visit our fan page, [@FoundationMedicover](#), where we post information about our initiatives and invitations to webinars with interesting experts, and share the latest knowledge about health. The fan page also features photos and videos of our campaigns and announcements of upcoming events. find photos and videos of our actions as well as announcements of upcoming events.

Don't miss our new Facebook space either – we would appreciate your ,like' for our [@FitSchool profile!](#) FitSchool is about health, education and innovation rolled into one programme which allows schools to access PE lessons with a virtual coach.

Also, keep an eye on the [@Queen Silvia Nursing Award](#) profile for up-to-date news on QSNA events.



INSTAGRAM

Have you visited the Foundation's Instagram account yet? If not, it's time to catch up! Please visit: [foundation_medicover](#).

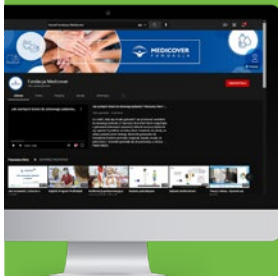
To find out what's new in the Queen Silvia Nursing Award, go to the following profile: [queen_silvia_nursing_award_en](#).



YOUTUBE

The **Medicover Foundation's** YT channel is packed with videos of engaging workouts for the whole family, motivating stories from the Foundation's health programme participants, and materials about the Foundation's disease prevention, sports or social projects. On our channel's **„Intro to Health”** section, you will discover funny, inspiring animations about healthy lifestyles that will appeal to children and youth.

And on the **Queen Silvia Nursing Award Poland** channel you will watch the ceremony in Stockholm attended by Queen Silvia of Sweden and the announcement of the QSNA's Scholars. The QSNA channel also includes beautiful videos from the Finals of the competition, engaging speeches by members of the Jury and presentations by the Scholars and Finalists of several editions of the Queen Silvia Nursing Award (QSNA).



WEBSITE

Go to [www.fundacjamedicover.pl](#), check out what we do and get to know our team!

The website has special sections dedicated to the Electronic School-based Medicine System (ESMS) - an innovative IT solution for school nurses, and overweight/obesity prevention programmes for children, which we implement with local authorities. The Reports on the website will show you our activities implemented in previous years. Information about our projects is also included in the [www.medicover.pl/en](#) website, in the „About us” section.

With the start of a new project, FitSchool, we have launched the website [www.fitschool.pl/en](#) for early education teachers. The website is a resource with a wide range of workouts for pre-school children, short exercises for breaks between lessons, and certified training courses for teachers.

We also invite you to visit [www.queensilvianursingaward.com](#), where you will find the most important information about the Queen Silvia Nursing Award (QSNA).

STAY TUNED AND FOLLOW OUR ACTIVITIES ON A REGULAR BASIS. SEE YOU THERE!

ABOUT THE MEDICOVER FOUNDATION

The Medicover Foundation is a public benefit organisation established by Medicover in 2007. Through its activities, the Foundation implements Medicover's social mission in health care and brings help to those in need by organising charity projects and employee volunteering initiatives implemented by Medicover and Synevo staff members. The Medicover Foundation's activities are based on Medicover's global experience and knowledge in the fields of medicine and public health.

The Medicover Foundation focuses on implementing large-scale lifestyle disease prevention programmes. Our projects are diverse and adapted to specific target groups (children, adolescents, adults, families, seniors) all of which contribute to improved health and quality of life, as well as raising the awareness of a healthy lifestyle. We develop innovative digital tools for schools, teachers and school nurses to improve children's health through better diagnostics and more frequent exercise.

OUR MISSION

We promote a healthy future for children through education and disease prevention. We believe in educating whole generations of people to empower them to care for their own health.

PART OF THE MEDICOVER FOUNDATION IS ASOCIAȚIA MEDICOVER

The Association is our charity in Romania, established in 2016 in the spirit of social responsibility, drawing on the experience of the Foundation. Initiatives undertaken by the Association are inspired by the Medicover Foundation's projects and adhere to similar methodologies as well as standards. Together, we work as one organisation operating in Poland, Romania and Central Europe, opening up opportunities for Medicover employees to join a wide range of charity initiatives.



HOW DO WE DELIVER SUPPORT?

We know that effective help must be comprehensive.



We organise workshops, lectures, talks, webinars; we provide our beneficiaries with educational materials



We share the potential of Medicover and Synevo



We carry out fundraising campaigns



We organise volunteering projects

The Medicover Foundation in numbers in 2022:

5 countries

where we operate: Poland, Romania, Moldova, Ukraine, Germany

518 Number of volunteers

over **24 000** beneficiaries
of our activities

Number of hours worked by volunteers

3108

83 projects

We wish to thank our Partners

HONARARY PATRONAGE



MEDIA PATRONAGE



LOCAL AUTHORITIES



Gmina Milanówek



Gmina Pruszcz



Gmina Syców



Zespół Szkół
im. Marynarki Wojennej RP
w Ostaszewie



Gmina Sztutowo



Powiat Piaseczyński



CENTRAL GOVERNMENT INSTITUTIONS



FOUNDATIONS AND ASSOCIATIONS



MEDICOVER COMPANIES



COMPANIES



HELP FOR UKRAINE

Medicover Support Centre (MSC) - coordinated actions undertaken by Medicover and the Medicover Foundation (February - August 2022)

The Ukraine Support Centre was established to help the Ukrainian people in their difficult ordeals following Russia's armed invasion of Ukraine on 24 February 2022.

In the first instance, we focused on organising the evacuation of Ukrainian employees of Medicover and Synevo with their families beyond Ukraine. As part of our multi-faceted measures, after safe relocation we provided our colleagues with medical care and comprehensive assistance in the form of accommodation, material aid, legal aid, and psychological support. This was made possible thanks to the extraordinary drive, empathy, and dedication of a large group of volunteers from Medicover and Synevo.

After providing support for our colleagues and their families, we extended our assistance to other refugees in need, whether connected to Medicover or not.



#STANDWITHUKRAINE



1,000
people supported



150
volunteers



13
Medicover Foundation projects



350 families relocated
by the Support Centre



7 destination
countries for refugees



25. February
relocation of the first families



Aleksandra Mielniczuk
Head of Recruitment and Development.
Coordinator of the MEDICOVER SUPPORT CENTRE

It was a trying time for all of us, both at Medicover and in the community at large. It was a time of great human solidarity and pent-up emotions. I remember when, in the first moments following the outbreak of the war, I got a call from Kamila Skorupińska, Medicover HR Director and the spiritus movens of the Medicover Support Centre... At the time, I knew that every minute counted, and that we needed to act immediately. It was also important to make sure that we coordinated and communicated our actions in the most effective way, so that the aid was targeted and not chaotic.

The **MEDICOVER SUPPORT CENTRE** was established and went “full steam ahead” at the end of February. Our structure comprised 4 levels of support: firstly, Ukrainian-speaking consultants who took calls and emails from our colleagues in Ukraine; secondly, family coordinators who took over from the consultants and provided comprehensive support to families; thirdly, the coordinators who tackled transportation, accommodation, food supplies, medical and psychological support as well as job search assistance, and fourthly, the coordinators who helped our Ukrainian families with cultural adaptation, language learning and legal issues. **Our Centre operated 24/7, with nearly 150 volunteers working nonstop for several months.** Our greatest achievement was that we did not leave anyone without help: everyone who approached us received comprehensive support.

A heartfelt “thank you” to all the people involved in our support activities!

Find out more



In 2022, the Medicovert Foundation implemented **13 projects** for Ukraine



Evacuation of Medicovert and Synevo employees and their families



Provision of accommodation after relocation to destination countries



Welfare support for refugees



Central Warehouse in Warsaw - acquisition and distribution of donations



Humanitarian donations shipped to Ukraine



Cooperation with Medicovert Ambulance Service - evacuation of the sick and injured



Providing assistance in the evacuation of orphanages



Temporary shelter – a safe stopover for evacuated children



Free dental and medical check-ups for evacuated children



Purchase of medical donations for the Military Hospital in Lviv



Assistance to pregnant women giving birth on the border with Ukraine



Launching targeted and benefit collections



Organisation and coordination of a team of volunteers

TOGETHER
WE CAN ACHIEVE
MORE



SUPPORT CENTRE FOR UKRAINE



Organisation of the relocation of refugees, predominantly to **5 countries**: Poland, Germany, Romania, Moldova and Bulgaria, as well as Turkey and Belgium.

MEDICOVER SUPPORT

On 28 February Medicovert established

The MEDICOVER SUPPORT CENTRE (MSC) for the coordination of our 24/7 assistance.

The staff consisted of an international team of Medicovert and Synevo employees, working in a structured and systematic way.

The Centre's efforts were coordinated across 4 countries: Poland, Germany, Romania and Moldova.

SCOPE OF ASSISTANCE:

- transport from border crossings
- accommodation
- material aid and meals
- medical and psychological care
- support in finding a job
- assistance in cultural adaptation

SUPPORT FROM THE MEDICOVER FOUNDATION

We ensured a close cooperation between the Foundation and different departments at Medicovert and Synevo, as well as the **MEDICOVER SUPPORT CENTRE'S** team of volunteers. The Foundation helped implement activities in Poland, Ukraine and other countries (through Asociația Medicovert).

SCOPE OF ASSISTANCE:

-  Organisation and coverage of costs of evacuation from the border, provision of care during evacuation
-  Finding refugees a safe haven - renting houses and flats
-  Home furnishing and support for daily living after the refugees reached their destination countries
-  Funding and distribution of emergency donations (clothing, cleaning supplies, food)

-  Additional activities in Ukraine for children in need of material and transport aid from orphanages, care facilities and institutions



MEDICOVER SUPPORT CENTRE

3 STAGES OF ASSISTANCE

STAGE I First-contact consultants: relocation

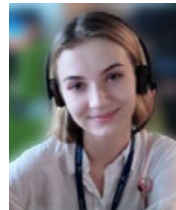
3 COMMUNICATION CHANNELS

in Ukrainian language:

- 1 **The HELPLINE** - offering daily support - average of about 30 calls per day; 705 - total number of calls (between 1 March and 1 October)
- 2 **e-form** „I NEED HELP”
- 3 **e-mail address:** ukraina@medicover.com

STAGE II Caring for families

- direct contact and remote support for Ukrainian employees of Medicover and Synevo and their families
- coordination of activities around persons leaving Ukraine
- organisation of post-evacuation assistance targeted at specific needs - 24/7 mode



It was hard to disconnect from those emotions, the words, the tears, the suffering and live a normal life afterwards. I remember when I came home on the first day, I just stared at the wall...

OIha



STAGE III Social and welfare assistance



TRANSPORT FROM BORDER CROSSINGS

- more than **360** people transported within Poland
- **45** volunteer drivers



MATERIAL ASSISTANCE AND MEALS

- permanent support for more than **173** families, **530** people
- huge amount of donations from Medicover and Synevo employees
- vouchers for grocery and staple supplies



ACCOMMODATION

- accommodation for approximately **980** people
- **65%** of the people stayed in Poland



MEDICAL AND PSYCHOLOGICAL ASSISTANCE

Medical care:

- more than **200** consultations and check-ups

Pharmaceutical care

- free prescription drugs at Medicover pharmacies

Psychological assistance

- Damiana Medical Centre, free hotline service



WORK

- information platform (medicover.pl)
- approx. **500** telephone calls
- (career advice, support, needs analysis)

SYNEVO ROMANIA AND SYNEVO MOLDOVA: SUPPORT FOR UKRAINE

Laurențiu Luca, Managing Director of Synevo Romania and SEE, Medicover Diagnostics, and Andrei Sevcenco, General Manager, Synevo Moldova, talk about Synevo Romania and Synevo Moldova's support for Ukraine. They are interviewed by George Istrate, General Manager, Asociația Medicover.

Synevo Romania and Synevo Moldova have been very committed to helping the families of Medicover employees in Ukraine. This support was coordinated and implemented in cooperation with the Medicover Association. What was it like in that first moment when the tragic news of the outbreak of war in Ukraine reached Synevo Romania?

Laurențiu Luca: At the outbreak of the war, the news came to us mainly through the media. During the first days of the conflict, both local and international TV channels were broadcasting everything that was happening there. During that time, we contacted our colleagues in Ukraine to find out exactly what the situation was like for them and how we could help. From the very beginning we prepared for the possibility of the Ukrainians leaving the war zone. Since the Republic of Moldova and Romania border Ukraine, we knew that some refugees would come to our countries or at least transit through them. We therefore set up a working group at Synevo Romania to be able to respond to any needs that arose, including the organisation of transport, accommodation, or onward travel to other countries in Europe.



Laurențiu Luca
Managing Director,
Synevo Romania and SEE,
Medicover Diagnostics



What were your initial thoughts and actions at Synevo Moldova?

Andrei Sevcenco: Our first thoughts were about how we could help in such a critical situation, especially as we knew how large the Synevo team in Ukraine was. At Synevo Moldova, we organised ourselves so that our team was available 24/7 to support all those employees of Synevo Ukraine who had reached the Republic of Moldova. Our task was to provide them with what they needed, e.g., accommodation, food, transport, and psychological support. After 2-3 months, we provided permanent accommodation for all the refugees who remained in Moldova, Romania, Bulgaria and Turkey. Almost 50 people from these four countries were directly involved in helping the refugees.

Bringing our Ukrainian colleagues and their families safely to Romania, Moldova and other countries was no easy task. How did you organise that operation? What was the most difficult part?



Andrei Sevcenco
General Manager,
Synevo Moldova



A.S.: In the beginning, we acted instinctively and then, as requests and enquiries poured in, we developed a suitable model for communication and organisation of tasks. The first contact was between refugees from Ukraine and a Ukrainian or Russian-speaking staff member from our teams in Romania or Moldova. We then checked whether the people in need of help were working for Synevo in Ukraine, and subsequently established where these people were, where they wanted to go and how they could be helped. Their needs included transport from the border to a place of first accommodation provided by us or by friends of refugees from Moldova/Romania, or transport to other countries (for example, we helped many Ukrainians who only transited through Moldova and ultimately wanted to reach Romania or travel further to other countries, usually Poland or Germany). Food and clothing were also needed, as most of the refugees left in a hurry and only had the clothes they were wearing. Some people did not even have their IDs on them, which meant that temporary documents needed to be applied for. We also organised medical support for children and adults with diverse health problems.

The first weeks were by far the most difficult, as we were all surprised by the challenges brought about by the situation and had to quickly find solutions to many problems. The search for accommodation in some cities was often quite difficult due to the varied circumstances and needs of those fleeing the war (e.g., pets accompanying the refugees). Our volunteers involved in the aid effort found it difficult to cope with their emotions as they watched refugees suffering from the stress of war after leaving their homes, not knowing if they would ever return. We watched families being separated: the men remained in Ukraine, and the fleeing families were often unable to contact those who stayed behind to find out if they were alive. The refugees we supported had no certainty about what would happen to them in the future; this was especially true for those fleeing with children.

L.L.: In many cases, we helped people who decided to stay in Moldova/Romania or Bulgaria to find work. However, it turned out that many of these people were medical professionals, which generated additional problems as Ukrainian diplomas are not recognised in the three destination countries. Some of these professionals were therefore considering moving to other European countries that would provide them with the opportunity to work in the medical field (e.g., Poland or Germany).

The situation in Ukraine unleashed an enormous amount of goodwill and readiness to cooperate to effectively help the Ukrainian people. What was the cooperation with the Medicover Association like? Did Synevo Romania/Moldova establish additional links with external organisations, institutions and partners in order to extend the reach of its aid activities?

L.L.: Initially, we based our activities on the work of Synevo Romania and Moldova staff, but we soon realised that the support and coordination from the Medicover Association was necessary. The Association liaised with its staff in Romania, Moldova, Bulgaria, and Turkey to jointly find the best solutions for Ukrainian refugees, following a single operational approach.

We also benefited from the Medicover Association's financial support. The Association managed all payments related to transport, accommodation, food, medicines, medical services, etc. Our focus was largely on helping our colleagues in Ukraine, but in addition we also supported large refugee organisations, such as the Red Cross, which received significant financial assistance from Synevo Romania, as well as material aid from the Medicover Association.



George Istrate
General Manager,
Asociația Medicover



Thanks to your support, Ukrainian families found safe shelter and work in Romania and Moldova. Around 200 Ukrainians, our colleagues and their family members, were in our short- or long-term care, depending on their needs and plans. Together with Synevo volunteers in Romania, Moldova, Bulgaria and Turkey, we provided refugees with food and transport from the borders to safe accommodation in our countries. We also solved a range of health problems by providing medical services and medication.

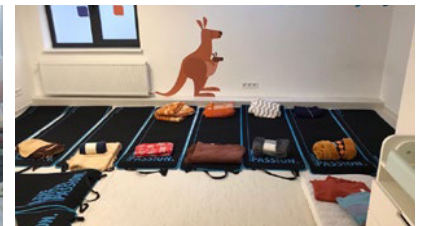
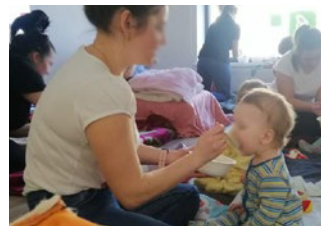
We are happy we could help so many people and find the means to meet their needs. Although some of the families we helped chose to go further west, most refugees remained in our countries until they could return safely to their homes. We maintain contact with most of these families. Thank you, Laurentiu and Andrea, for the interview and for your support for the refugees from Ukraine at this difficult time.



TEMPORARY SHELTER FOR CHILDREN FROM CHILDREN'S HOMES

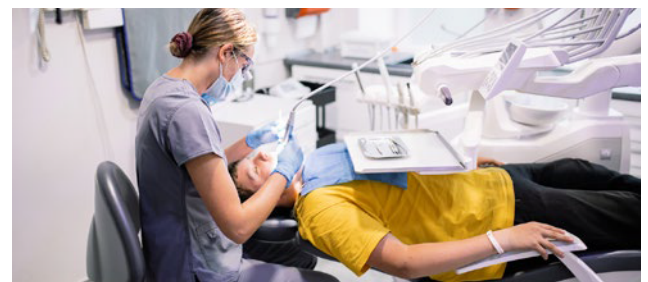
The Medcover Foundation set up its support station in Lviv together with the Intersono Medcover clinic, which was converted into a temporary shelter for children from orphanages. The Foundation coordinated and assisted in the transit of children from evacuated Ukrainian orphanages to care facilities abroad.

- Transport via Lviv, rest area and medical assistance at the Medcover facility in Lviv, further transport to Poland, Austria, and Germany (in cooperation with the Ukrainian government and the For Life Foundation).
- We also donated funds and sent staple goods such as blankets, milk, children's items and medical equipment to Lviv.



ASSISTANCE TO EVACUATED CHILDREN IN POLAND: DENTAL CHECK-UPS, FREE MEDICAL EXAMINATIONS

- The Medcover Foundation's collaboration with the Happy Kids Foundation and Medcover Dentistry.
- In just a few days, more than **90 children** (including very young kids aged 3+) from Ukrainian orphanages in Holovna, Kovel and Rivne visited the dentists at Medcover Dentistry in Łódź for check-ups.
- **More than 20 Medcover employees** were involved in the dental check-up initiative.
- In 2022, we also worked with the Happy Kids Foundation to carry out paediatric and ophthalmic examinations as well as blood glucose and blood pressure measurements and general health check-ups for Ukrainian children.





OTHER ACTIVITIES

SHIPMENT OF HUMANITARIAN DONATIONS TO UKRAINE

- The Medicover Foundation involved sponsors and donors in its activities for Ukraine.
- We organised 5 humanitarian transports for the evacuees from eastern Ukraine who found temporary shelter and support at the Medicover clinic in Lviv.
- The donations were mostly emergency aid and staple goods: medical supplies and tools, wound dressings, clothing, food supplies, hygiene and childcare products, nappies, mattresses, bedding, sleeping bags and other products as required by the Ukrainian partners.
- **Our transports supported Medicover’s Intersono infertility treatment clinic in Lviv, which was transformed into a temporary shelter for children, as well as other locations, such as a clinic and a maternity hospital in Dorohusk.**



Since the beginning of Russia’s invasion of Ukraine, the Medicover Ambulance Service was actively involved in a wide range of aid activities for refugees implemented by the employees of the Medicover Warsaw Ambulance Service as well as ambulance service teams from other locations.



MEDICOVER AMBULANCE INITIATIVES:

- transports of Ukrainian citizens from the border, in cooperation with the Medicover Foundation,
- Transport of medical equipment and supplies by ambulances and buses, evacuation of the injured,
- transports of children undergoing oncological treatment from Lviv to hospitals across Poland and Europe, in cooperation with the Herosi Foundation,
- preparation of the “Wiarna” transitional centre for refugees in Małogoszcz (near Kielce), in cooperation with the Herosi Foundation,
- transport to Ukraine of children in terminal condition.

✂ The operations of the Medicover Ambulance Service are based on the work of people who simply want to make a difference. Most of the team members have been working in the Ambulance Service since the establishment of Medicover in Poland, in 1995. This, I believe, is testament to the whole team’s engagement and commitment to the values promoted by Medicover. At the same time, as can be seen through our work during the pandemic and the war, our staff understand the gravity of the moment in history when efforts must be shifted to a very specific support area. Our staff can muster a great, sometimes superhuman, effort to cope with the tasks that fall upon us.

Mirosław Świdorski
Ambulance Service Coordinator; Commercial Services Mazowsze Region

over the year we travelled a total of approx.

150K km

we carried out around

100 transports

we spent around

1800 hours in ambulances

we passed through all Polish border crossings with Ukraine

the implementation of our transport and medical services for refugees was possible thanks to the involvement of

50 people, permanent and temporary staff, from Warsaw and other locations across Poland

we transported approx.

100 children undergoing oncological treatment
300 members of their families



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OTHER ACTIVITIES



HELP MOTHERS WITH CHILDREN ON THE POLISH-UKRAINIAN BORDER

In response to an appeal for support for Ukrainian mothers and children by gynaecologist Dr. Iwona Holcman-Fidor and her colleagues, Medicovert employees, the Medicovert Foundation's volunteers and friends organised donation collections for refugees at the border crossing in Krościenko near Ustrzyki Dolne. The aid was collected in the Tricity and Warsaw.

- Our efficient actions allowed us to collect the necessary humanitarian aid in a short time and forward it to the District Sanitary and Epidemiological Station in Ustrzyki Dolne, from where it was collected by Dr. Holcman and distributed further.
- 230 parcels with aid.
- Staple goods, including care products for mothers, nappies, baby clothes, and vacuum flasks.
- The transport arrived on 3 March 2022, just a week after the outbreak of the war.
- The campaign continued with the collection of aid boxes for new Ukrainian mothers who gave birth in the hospital in Ustrzyki Dolne.
- Dr. Holcman-Fidor also offered free, 24/7 consultations at her gynaecological surgery in Ustrzyki Dolne.

Thanks to the good hearts and souls that helped us along the way, the outcome of the collection exceeded our expectations! We also thank the children and parents from Aurus, a Non-public Primary School in Warsaw for their commitment and donations of large amounts of baby food, women's hygiene products, clothes, vacuum flasks, and other necessary supplies.

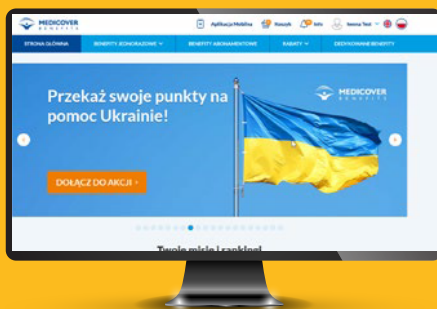
Our sincere thanks also go to Medicorum from Gdynia for their full engagement in the collection, and to the "Families Without Borders - Tri-City" group for their generous donations.

One line can aptly describe your meaningful support: TOGETHER WE CAN ACHIEVE MORE!

The Medicovert Foundation

PURCHASE OF MEDICAL DONATIONS FOR THE MILITARY HOSPITAL IN LVIV

We purchased wound dressing materials as well as disinfection and first aid supplies for the staff of the military hospital in Lviv who treated those affected by the armed conflict.



ORGANISATION OF TARGETED COLLECTIONS

Every client and employee of Medicovert could purchase shopping vouchers (e.g., from SMYK toy shop chain and Decathlon sports supplies chain) and/or special donation cards for Ukraine. Both the vouchers and the cards were then passed on to the Medicovert Foundation and used to fund humanitarian aid projects: support initiatives for refugees residing in Poland as well as those in need of help in Ukraine.

FITSCHOOL

Ready-to-use, free P.E. lessons for Grades 1-3 and kindergarten.

An innovative programme developed by physicians and physiotherapists.



It's a simple tool and a dedicated online platform where the teacher chooses the training video and the pupils exercise with a virtual trainer.



Addresses the urgent need to increase physical activity among young children



Strengthens pupils' health potential



Supports, but does not replace the teacher



Takes advantage of new technologies that fascinate children



Visit the FITSCHOOL website

www.fitschool.pl/en 



Find out more



FITSCHOOL – READY-TO-USE PE LESSON CONTENT



The Medicover Foundation has extensive experience in carrying out disease prevention programmes that examine health and fitness of schoolchildren. We have collected evidence to show that more than 60% of schoolchildren perform poorly or very poorly in standard physical fitness tests, and some of them are even unable to complete them.

This situation has been further aggravated by the pandemic and the mobility restrictions it caused. Every fifth child feels constantly sick and physically exhausted. In addition, these children lack energy to live their lives, according to a nationwide study on the quality of life of children and adolescents commissioned by the Ombudsman for Children. Experts emphasise that we urgently need measures to encourage children and youth to exercise more.

In response to this disturbing information, the Medicover Foundation has developed the FitSchool project, which combines ICT (information and communication technologies) with videos, animation and music – in order to create interesting and engaging health and physical education classes for children from primary schools.

THE THREE PILLARS OF THE PROGRAM



HEALTH



SCIENCE



INNOVATION



JD I highly appreciate both the idea and the precise design of the FitSchool project. This initiative is a perfect response to the pressing need for more action to boost children's exercise levels.

Professor Anna Dobrzańska, MD

National Consultant in Paediatrics
in the years 2002 - 2015

FitSchool exercise sessions focus on:

- ✓ improving the function of the cardiopulmonary system to reduce the risk of cardiovascular disease
- ✓ strengthening the muscles responsible for ensuring the correct posture
- ✓ gradually increasing training intensity and monitoring the progress throughout the academic year
- ✓ offering children highly engaging classes featuring attractive materials, entertainment, and fun elements
- ✓ offering teachers high-quality tools and user-friendly content
- ✓ supporting the role of the teacher in early education

In 2022, we piloted the project in schools, with the following outcomes:

97%

of teachers
recommend FitSchool
to their colleagues

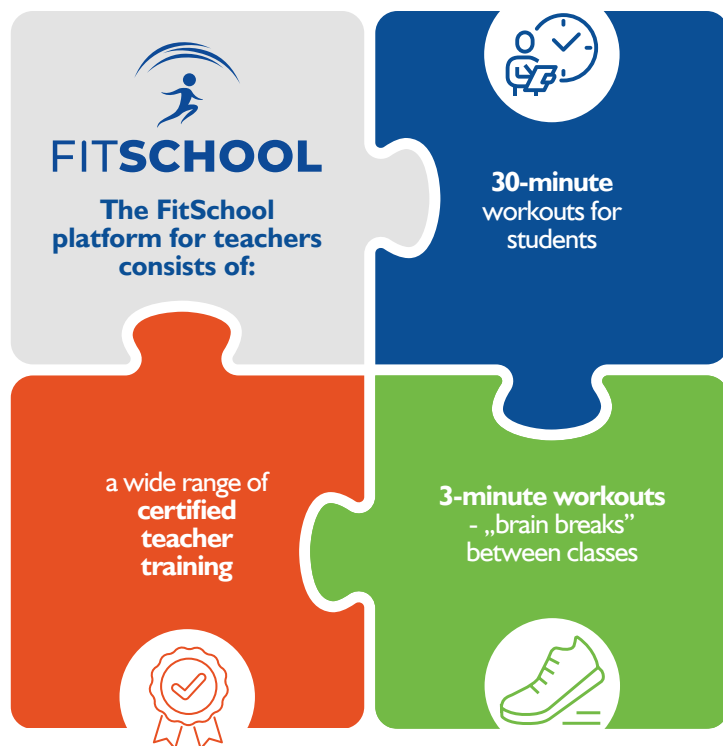
95%

of students enjoy exercise
sessions during breaks
between classes

100%

of parents are satisfied
with their children's participation
in FitSchool exercise sessions

See examples of FitSchool workouts:



30-minute
workouts for children



3-minute
„brain break” workouts

We invite local governments,
primary schools and teachers to join the project.

Email us at: kontakt@fitschool.pl
or call us at: (+48) 660 641 805.

You are welcome to contact us from Monday to Friday,
between 9:00 am and 3:00 pm.

ESMS

Electronic System for School-based Medical Services.
Modern regular health checks for school children.



ESMS is an IT tool for disease prevention, regular health checks and health screening for children and adolescents in primary and secondary schools.



In-depth diagnosis of developmental disorders and lifestyle diseases



Clear feedback to parents on their child's health



Building pro-health awareness and attitudes in children

Visit the ESMS website

www.fundacjamedicover.pl/esms



esms
Elektroniczny System Medycyny Szkolnej

Find out more



WHAT IS THE ESMS?



Our Electronic System for School-based Medical Services (ESMS) is an IT system which facilitates health screening in schools during regular medical checks for students.



NUMBER OF CHILDREN SCREENED IN 2022

 **5066**

BENEFITS OF THE ESMS

- digitization of children's health check results
- interpretation of health check results for parents
- recommendations for healthier lifestyles for parents and children
- new standard of communication between school nurses and parents
- modernization of school-based medical services
- training of school nurses
- up-to-date statistical data for local governments



Training for school nurses – implementation of the ESMS in primary schools in Wrocław.



The year 2022 in the ESMS project was a period of very hard work. After years of implementation, we can confirm school nurses' enthusiastic willingness to implement disease prevention programmes among students. Thanks to the introduction of computers and automated processes into the work of school nurses, they now have time for educational and disease prevention activities as well as conversations with parents and children who need health-promoting tips. Currently, our focus is on reaching out to local governments, the National Health Fund and the e-Health Centre, with whom we share our experiences and observations on how school-based medicine, screening as well as efficient communication with parents can positively impact children's health. We have seen that the modernization of processes that already exist in Polish schools, and merging them into one integral whole, may reverse the worrying health trends observed in children.



Karolina Kryszkiewicz
Team Coordinator
for Health Programmes,
the Medicover Foundation

BENEFICIARIES OF THE ESMS PROGRAMME (AT THE END OF 2022)

15

LGUs
(Local Government Units)

34

NZOZ facilities
(Non-public Health Care Institutions)

more than

170

nurses

over

50,000

children

MODERN SCHOOL-BASED MEDICINE

„Modern school-based medicine” is a Facebook group set up by the Medicovert Foundation for school nurses and in-school medical staff and devoted to students’ health.

The group was established to facilitate mutual learning, education, and exchange of experiences among school nurses and hygienists.

- We discuss topics relevant for school-based medicine.
- We host medical authorities, experts and people whose voice is important for medical professionals.
- We regularly organise webinars on disease prevention, health promotion, and childcare.
- We want to strengthen school-based medicine and disease prevention to benefit schoolchildren.
- Our priority is the full physical, mental and social well-being of the students.
- We work to strengthen the standing and perception of the profession as well as developing the competences of school nurses.

YOU ARE WELCOME TO JOIN OUR GROUP!



To join the group, simply find us on Facebook and let us know you wish to join.



Meeting with the Starost of Pruszków and training for school nurses from the Pruszków area.



The Step Test, which can be performed as an extended screening test within the ESMS, examines the student’s physical fitness.

WHY SHOULD STUDENTS’ DISEASE PREVENTION SCREENING BE DIGITIZED?



Thanks to the aggregation of statistical health data to which the Departments of Health and Education have access, the local government can respond with targeted health and educational programmes, and schools can prepare specific scenarios for health-awareness classes and PE lessons.



Local statistics allow LGUs to plan detailed budgets for health programmes addressed to the youngest residents.



Each student’s Health Card containing test results and recommendations can be printed out and given to parents informing them of any irregularities in their child’s development.

DISEASE PREVENTION PROGRAMMES

Effective prevention of overweight, obesity and lifestyle diseases among children and adults.



Since 2013, we have been conducting nationwide prevention programmes and educational projects. We collaborate with local governments across Poland on Health Policy Programmes, which include:

- ✓ Health Policy Programmes in Gdynia, Gdańsk and Lublin
- ✓ înCerc – type 2 diabetes prevention programme for children in Romania
- ✓ Physicians and specialists watch over the evolution of our participants' lifestyles

The programmes are **free of charge** for participants

Visit the Health Policy Programmes websites:

📍 Gdynia

Enrolment in the programme for children

📍 Lublin

“Eat smart” for schools

📍 Gdańsk

Diabetes prevention programme for adults



Find out more



HEALTH POLICY PROGRAMME FOR THE PREVENTION AND TREATMENT OF OVERWEIGHT AND OBESITY

in the youth population in the Municipality of Gdynia. Programme continuation for the years 2021–2022

Implementation period:

November 2021 – December 2022

INTEGRATED HEALTH CARE (DOCTOR, SPORTS COACH, DIETITIAN, PSYCHOLOGIST)



9

educational
webinars

6

sports classes
(fun & exercise, gymnastics,
basketball, trampoline park)

1308

individual
consultations



ACHIEVEMENTS OF PARTICIPANTS – TOTAL

2183

push-ups
in 122 minutes

4963

crunches
in 171 minutes

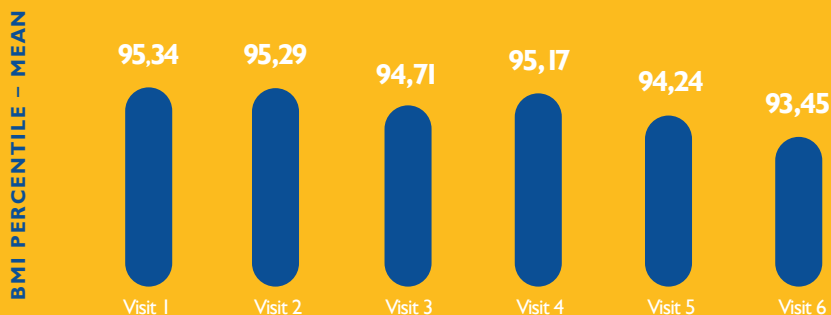
PROGRAMME OUTCOMES:

- ✓ lowered blood pressure
- ✓ decrease in the BMI percentile by almost two units
- ✓ thousands of litres of water drunk during exercise sessions
- ✓ more exercise
- ✓ new friends and passions
- ✓ lots of smiles, emotions, and satisfied participants!



Local Coordinator, Georgina Damaziak, with Programme participants in Gdynia – Miłosz and his mother.

DECREASE IN BMI PERCENTILE BY ALMOST TWO UNITS



My sincere thanks go to the entire team - through your commitment and excellent work we have been able to improve our health awareness. The cordiality we have encountered here has undoubtedly made it easier for us to face some challenging tasks.

It is clear that you put professionalism and expertise first. Thank you for your invaluable support, your time, your creative ideas, and your positive energy. You are a fantastic team!

The Programme has changed many of our habits and dietary choices. Both our daughter and we, the parents, now pay more attention to what we eat.

Izabela's mother

The Programme has given us the incentive to do something. We started going to the pool and walking, and we exercise much more than we used to. We have introduced more fruit to the diet, and we are working on vegetables, too.

Nikodem's mother

The Programme gave us the motivation to act. We have introduced regular meals and improved their quality: they are much healthier now.

Filip, Programme participant

Our regular meetings remind us that we need to work hard not only on our nutrition, but also on how we spend our free time. The Programme has also made it possible for us to track our progress.

Szymon's mother

„EAT SMART” 2022

is a health policy programme covering the following areas:

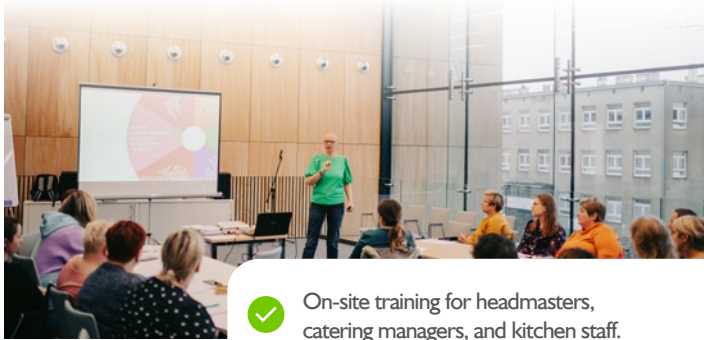
- ✔ healthy eating,
- ✔ exercise,
- ✔ prevention of lifestyle diseases,
- ✔ nutritional education.

Implementation period:
March 2022 – December 2024

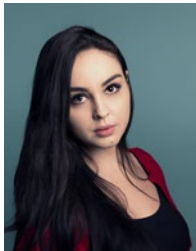
Beneficiaries

- » students of grades 1–3 of primary schools in Lublin
- » their parents and carers
- » teachers
- » school canteen and kitchen staff

WHAT HAVE WE ACHIEVED AS PART OF THE PROGRAMME?



✔ On-site training for headmasters, catering managers, and kitchen staff.

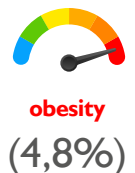


Agnieszka Mierzwa
Local Programme Coordinator

- ✔ Press conference to mark the Programme's launch.
- ✔ Art competition entitled „Your plate – full of health” – 120 works of art submitted!



The first round of screening for a group of 1,100 students revealed the following findings:



55 The health of the youngest residents of Lublin is an area of our special concern. In more than 40 schools, we continue the „Eat smart” Programme which aims to improve students' health and educate them about healthy nutrition. We must remember that children's dietary choices are impacted not only by their parents, but also by school management and school canteen staff. I am convinced that an early identification of lifestyle challenges and making sure that children acquire healthy eating habits at an early age will contribute to reducing their risk of lifestyle diseases.

Monika Lipińska
Deputy Mayor of Lublin for Social Affairs

How do we operate?



HEALTH SCREENING AMONG GRADE I STUDENTS

assessment of weight and body composition (using bioelectrical impedance analysis (BIA))

cardiopulmonary fitness assessment (a 3-minute Kasch Pulse Recovery Test)

blood pressure measurement

A DEDICATED WEB PLATFORM

possibility to download test results from the website

registration for workshops, webinars and sports activities

enrollment for the art competition

possibility to download educational materials



EDUCATIONAL ACTIVITIES

webinars with a dietitian for parents and carers (twice per month)

webinars with a psychologist for parents and carers (once per month)

webinars with a nutritionist for children (once per month)

sports activities for children (on-line instruction) (once per month)

webinars for catering managers and kitchen staff (bi-monthly)

on-site classes with psychologists, nutritionists, and sports coaches for parents and children

face-to-face classes for headmasters and school management

on-site classes for catering managers and kitchen staff



IMPLEMENTING TEAM:



Gdański Ośrodek
Promocji Zdrowia
i Profilaktyki
Uzależnień

GDAŃSK DIABETES PREVENTION PROGRAMME

This Programme is a health policy initiative for the prevention of type 2 diabetes in the working age population.

Target population

Adults who have not been treated for type 2 diabetes and who:

- have not been screened for diabetes in the past year;
- scored 12 points or more in the FINDRISK test;
- are 45 years of age or older (regardless of the result of the FINDRISK test).



Kornelia Ochel and Izabela Poleć (bottom left), Local Programme Coordinators, with the team.

OPINIONS OF PROGRAMME PARTICIPANTS



The online meetings are very useful.

I am very happy I've been able to take part in the Programme. My goal was to shift to healthier habits, and the collateral benefit was that I've lost 20 kg. I found the face-to-face consultations really motivating, the webinars were very interesting and I was also able to consult the expert nutritionists on an ongoing basis. My test results are much better now and I feel great!

My participation in the Programme was a catalyst for the changes that I would have most likely not introduced by myself. Thank you!

My rating of the Programme's staff is A+! Great support and an extremely friendly atmosphere. It gave me the energy and enthusiasm to keep up the regular work! My result: 25 kg off my weight!

Main objective

Reducing the incidence of type 2 diabetes among the residents of the City of Gdańsk and the Municipality of Stegna.

Project implementation

implementation:

July 2019 – September 2023

recruitment:

January 2020 – September 2022

THE GDAŃSK DIABETES PREVENTION PROGRAMME 2022 in figures



1363

patients benefitting from medical care and education



20 000

FINDRISK tests performed



6575

completed FINDRISK surveys



3400

FINDRISK qualification tests



24

webinars conducted (initial and final training)



291

webinar participants



314

participants in the Programme's e-learning courses



1640

preliminary and final diagnostic tests



3346

OGTT and glycaemia tests



907

people diagnosed with prediabetes (persons qualified for the further stage of the Programme)



119

people with suspected diabetes referred to a diabetologist



879

individual dietary and physiotherapeutic consultations



10

Nordic walking training sessions carried out



2319

healthy people who have completed the Programme (recruitment round 2021–2022)



31,3 kg

record weight loss in one patient

ÎNCERC



2022, you were quite a year! Full of challenges and dominated by the war at our doorsteps. We had just started to recover after all the years of pandemic and you brought us something even bigger: the Russian war against Ukraine, a war that affected millions of Ukrainians who had to flee from their own country in order to survive. Among them, there were also our colleagues from Synevo Ukraine and Medcover Integrated Clinical Services Ukraine and some of them decided to come to Romania, Moldova and Bulgaria – countries where Medcover Association's team and our colleagues from Synevo in these countries made everything possible to provide them accommodation, means of transportation, food, to guide them for a safe stay for as long as necessary. People were shocked by what was happening in their own countries, some of them losing (almost) everything they had. Thank you to our colleagues who helped - we made a fantastic team! We continued working for our sixth year with the children and families from the inCerc Program in Ploiesti and Cluj-Napoca. We continue to see amazing transformations, to have our specialists provide the best assistance and offer the future of our beneficiaries a better tomorrow. Thank you, our dear colleagues for all your efforts! Thank you, Ana-Maria and Irina for being the best coordinators since the very beginning!

Seeing which needs are most important for our inCerc beneficiaries, our nutritionists have built a significant education program for children: Nutrition for SuperHeroes. We piloted it, we saw that the information provided is really useful for children in four grades in the same two cities as inCerc, so we prepared to start it at the beginning of 2023. Thank you, Ioana and Erika for this amazing project! We continued to work with many organizations from Romania through our Employee Engagement activities. Brought new ideas, built a wonderful relaxation room for the children in a rural village, participated in the Autism 24h with the largest number of colleagues and supported the Children's race once more, built two children's playgrounds for children in poor communities. Thank you, Alina, for your continuous efforts and for reaching over 6,000 beneficiaries in 2022 with these activities! And last but not least, I think of the volunteers who are here with us, everybody who donated 3.5% of the payroll tax to the Medcover Association and thus helps us reach as many organizations as possible and helps as many children and elderly as possible. We thank you all and we truly appreciate the fact that you are here with us! Looking forward to a better 2023!

THE "ÎNCERC" PROGRAM AT THE END OF 2022



2

cities



8213

students tested in schools



77

member schools

almost



500

children graduated the „inCerc“ Program

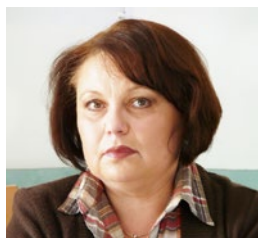


1397

children who received at least one counselling session



The inCerc Program is and will remain a fixed point for generations of students who will become tomorrow's adults. Preventing type 2 diabetes in children is a first step we can take and which has long-term benefits. I am glad to be part of this project's story and that steps are being taken, specifically among children, an age when many things can still be changed for the better, towards a healthy lifestyle. Prevention is the only way in which we can actively help and reduce the risks that diseases such as diabetes or diseases of civilization can bring.



Prof. Gabriela Roman

President of the Romanian Federation of Diabetes, Nutrition and Metabolic Diseases, member of the Scientific Council of the inCerc Program



George Istrate

General Manager,
Medcover Association

AT THE NATIONAL CONGRESS OF THE ROMANIAN FEDERATION OF DIABETES

We enjoyed the opportunity to be present at the 20th edition of the National Congress of the Romanian Federation of Diabetes and Metabolic Diseases in 2022 as well. Together with professors Gabriela Roman and Maria Moța, we managed to present our progress with the inCerc Program in Ploiești and Cluj-Napoca and to emphasize, one more time, the importance of prevention through health education.

The course of the Program, the increasing number of finalists and the important results achieved by each participant were just some of the topics of the presentation. A novelty of 2022 was our new project "Nutriție pentru SuperEroi" (Nutrition for SuperHeroes), workshops that took shape specifically from needs discovered during the inCerc Program. Our colleague Ioana Mesea, a nutrition specialist from Cluj-Napoca and one of the specialists who helped with the project, spoke at the Congress about the increasing need for information about a healthy diet for children in primary schools. The need for these projects in the educational system to help us fund a healthy lifestyle is continuous, especially considering the consequences of the pandemic period, including the lack of physical activity, as well as attention to the daily diet.

ÎNCERC PLOIEȘTI

For the entire team of the înCerc Program in Ploiești, 2022 meant the end of an important stage, with lots of involvement and dedication, but also the beginning of another one, with just as many benefits for children.

The main reason to rejoice was the increasing number of finalists whose results following the counselling sessions were very good. Regardless of their expertise, our specialists had the opportunity to see the results of their work match their expectations and celebrated their victories with each and every participant. 2022 also meant the expansion of the program to other age groups, specifically 8-14 year olds, for whom prevention and guidance regarding a healthy lifestyle is needed just as much. All the more so in today's context where the temptation of unhealthy food is even more frequent and common, and correct, balanced choices are not easy to make at young ages. During our counselling sessions, education and prevention went "hand in hand", so that future generations have the tools to make the right choices and become healthy adults.



I appreciate how well the "înCerc Program" went from the first year of implementation, the results reflecting its effectiveness. Each year brought different challenges and every time our common effort paid off. Since we understand the importance and need to promote health education and prevention, we considered it a good opportunity to address children between 8 and 14 and we also helped by implementing online

nutrition lessons in schools, appreciated by teachers, students and their parents. The involvement and accountability shown by our entire specialist team, their methods and patience by which they managed to capture the attention and interest in a friendly and accessible manner for children and their families were wonderful. I am delighted with the wonderful results the "înCerc Program" finalists got.

Ana Maria Cireșanu

înCerc Program Local Coordinator in Ploiești

THE "ÎNCERC" PROGRAM IN PLOIEȘTI AT THE END OF 2022

32
member schools

4529
students tested in schools

almost
250
children graduated the „înCerc“ Program

744
children who received at least one counselling session



2022 was a year that challenged us in unimaginable ways, in which, by solidarity and humanity, we became stronger and helped those threatened by war. We were there for the Ukrainian citizens who took refuge in Romania, through extensive humanitarian actions. We thank our colleagues who, with energy and tireless dedication, served the healthcare system during a difficult year.

In 2022 we continued the programs for the prevention of lifestyle diseases, such as obesity and diabetes, aimed at reducing their frequency in children and teenagers.

Dr. Florinela Cîrstina

The President of the Medcover Association Board of Directors,
General Manager of Medcover Romania



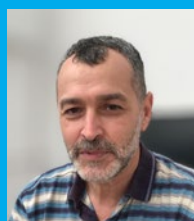
2022 was a year in which a new group of children finished the program, showing reliability and perseverance.

They think they have acquired increased self-control and negative emotions management skills. When talking to them about how important consistency is every step of the way, children understand and agree that this approach can be a model for future programs. Achieving the steps of a project is not easy, that's why help from

family and specialists is very important. This is the basis for maintaining a good mood, high self-esteem, confidence in one's capabilities, as well as motivation for initiating and consistently maintaining the necessary changes. I am very glad to be part of the program and to witness the satisfaction and enthusiasm of the children and parents entering my practice.

Elena Florica Ionescu

înCerc Psychologist, Ploiești



We are approaching the end of the "înCerc Program" and I can tell this has been an extraordinary experience for me. I am glad I was involved with the other members of my team in creating a healthy lifestyle for hundreds of children and their families. This is why I greatly appreciate being trusted and the fact that they accepted our help, advice and recommendations during each counselling session. I am glad most of the children who joined the program embraced a healthy diet and more exercise. I am convinced that those who changed their lifestyle learned relevant information that is a solid base for the change that is expected to come.

Dr. Silvian Cioată

înCerc Physician, Ploiești



Education for a healthy lifestyle, one of the pillars of the înCerc Program, is needed now more than ever, especially in today's context when a decrease in physical activity and inappropriate food temptations are more common than ever. Prevention is also the new element the înCerc Program has been bringing for the past few years to students in Cluj and Ploiești and it can make the difference when it comes to a healthy lifestyle. We live in a time when obesity and type II diabetes have increased significantly, which is why I think everything this program brings is a great benefit for tomorrow's generations.

Prof. Maria Moța

Member of the Scientific Council of the înCerc Program, leading member of the "European Association for Study of Diabetes – EASD (2015–2018)", President of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases (2012–2015)

ÎNCERC CLUJ-NAPOCA

For the Cluj-Napoca înCerc Programme team, 2022 was a year of continuity, when the number of finalists increased, with more visible results in lifestyle improvements. More importantly, we were pleased to see that the results were visible for the whole family. Many participants managed to discover sport skills they were not aware of, they learned from specialists that self-confidence is an ongoing process, and also that the right dietary choices are an “ally” when it comes to health. In the second half of 2022, the Programme participants were joined by others in the 8-14 age group, students who learn from our specialists how important what we put on our plate is, that our favourite foods can be cooked in a healthy manner, and also that what we do today helps us in the long run. Only through prevention, participants manage, with help from each specialist, to get where they want to be and to overcome stages they once considered to be very difficult.



2022 is the year in which the Cluj-Napoca “înCerc Program” spread its wings and took a step forward towards completing its mission to help the children and their families lead healthier and happier lives. Therefore, starting this year, the program can be joined by all children between 8 and 14 who wish to learn about the importance of a balanced lifestyle and to develop habits that will help them be healthy.

I would like to thank the entire team and the specialists in this program for their efforts and for their passion. Because of them, we were able to inspire and support such a large number of families. We are also happy to announce the implementation of the “Nutriție Pentru SuperEroi” (Nutrition for SuperHeroes) project in schools in Cluj-Napoca and Ploiești. These nutrition lessons give children access to essential information about healthy eating and encourage them to make informed decisions. We are proud to contribute to the education of future adults and give children the necessary instruments for them to make smart eating decisions and to build healthy habits that will be with them for the rest of their lives.

Irina Șandor

Local Coordinator in the înCerc Programme, Cluj-Napoca

THE “ÎNCERC” PROGRAM IN CLUJ-NAPOCA AT THE END OF 2022



45

member schools



3684

students tested in schools



653

children who received at least one counselling session



Almost

250

children graduated the ‘înCerc’ Program



Together, we went from knowing to doing. Each child is, for me, the most important participant in the meeting. Children bring simple wishes with great goals. They need to express their feelings, otherwise, they find refuge in emotional eating, they want to avoid stress, so they choose overeating, and there are also those who eat out of boredom. I appreciate a lot the functionality of this program which, through its complexity, changed the lifestyle of many families. Psychological education about eating behaviour continues in the family. Therefore, we were pleased with the visible results. I had moments full of beautiful changes in which I was actually glad for the joy and health of a child who struggled with their appetite. I was encouraged by the efficiency of the “baby steps” method, through which participants showed patience in reaching their goals. Perseverance was easily formed, intensely supported by will, both important for reinterpreting unhealthy eating habits.

I started 2022 with the hope and desire to continue our pre-pandemic activities, aware of the fact that the time we didn't manage to meet face to face was averse to practicing a healthy lifestyle, which we promote in our program. The fact that we continued our activity online helped the children and their families be consistent in the necessary changes in order to maintain their weight and, implicitly, their health. It was a joy for me to find the maturity and determination the participants invested in applying the recommendations received during counselling sessions. They managed not only to change their eating habits and to take steps towards exercising, but also to understand that these changes bring long-term benefits and are generally valid irrespective of age.

Lenke Iuhos

Psychologist, înCerc Program, Cluj-Napoca



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Monica Pintican

Physician in the înCerc Program, Cluj-Napoca

NUTRITION FOR SUPERHEROES, THE NEW PROJECT CLOSE TO OUR HEARTS



Last year, in June and July, we started a new project, specially designed as support for sixth graders from Cluj and Ploiești. We know that today's students are tomorrow's adults, so the foundation of essential information, such as a healthy diet, is set during childhood, specifically so they learn that balanced nutrition is part of a healthy lifestyle. During two online workshops, the students have the opportunity to discover the basis of a healthy diet, how easy it is to have a balanced diet and what the long-term benefits are. Designed to be interactive, with puzzles, challenges and superheroes, the information helps students and teaches them to learn good habits about what they put on their plate. This is most important now when inappropriate eating temptations are everywhere, and the temptation characteristic of this age is to rush into not entirely positive choices.

Both online workshops have informative, as well as interactive parts, through fun games/puzzles, aimed at helping them memorise the information. The "Nutriție pentru SuperEroi" (Nutrition for SuperHeroes) workshops are the basis for a nutritional education each student could benefit from freely during their first school years, a good time to form good habits.



TOGETHER WITH MASS MEDIA IN CLUJ-NAPOCA

After four years of running the înCerc Program for Prevention of type 2 diabetes and diseases of civilization in Cluj-Napoca, we held, in November, a press conference in which up-to-date statistics about children at risk of diabetes in Cluj-Napoca were presented, but also the fact that the Program has been expanded for children between 8 and 14 in Cluj-Napoca and Ploiești. This way more children, as well as their families, can benefit from everything a healthy lifestyle means.

Also, during the press conference, where we had the Cluj mass media by our side, we announced the newest program of our Association, the beginning of our educational nutritional workshops in schools from Ploiești and Cluj-Napoca - Nutriție pentru SuperEroi (Nutrition for SuperHeroes). Together with several specialists from the Program, George Istrate, the Medcover Association General Manager, was invited to several TV and radio shows where he gave all the necessary details so that even more students from Cluj can freely benefit from counselling and workshops that help them learn the basics of a balanced diet from an early age.



¶ Nutrition for SuperHeroes is a project for the prevention of weight problems for children, very necessary in a time when children's obesity is on the rise. Early nutritional education is the most useful tool through which we can stop this increase. Therefore, during this project, we have created nutrition lessons with basic information about a healthy diet, but the

most important thing is that they are made in an interactive and colourful manner, thus ensuring the efficient transmission to the young learners.

Erika Deac

Dietician nutritionist, Nutrition for SuperHeroes



¶ Today's children are tomorrow's adults. It is therefore important that young children have access to early nutrition education, based on scientific evidence and, of course, presented in their own language. These were the main criteria considered

when we started the Nutrition for SuperHeroes project. Using active and fun lessons, taught by nutrition and dietician specialists, we adopted an original way of teaching the little ones about a healthy diet. The program also has as objectives: promoting a balanced weight and harmonious development in children, food education and the prevention of diseases associated with excessive weight.

Ioana Mesea

Dietician nutritionist, Nutrition for SuperHeroes

MULTIMEDIA LESSONS FOR PEDAGOGICAL INNOVATION



What lessons are the coolest?

Creative ones, most definitely! We mean lessons that never bore the student! As part of the pedagogical innovation project entitled "I am a conscious and healthy person, citizen, student" and in collaboration with the Eligo Institute for Nutrition and Development, the multi-educational tools designed by the Medcover Foundation supported a series of innovative workshops with a dietitian at a primary school in Gdańsk.

Beneficiaries

This project's target were two classes of fourth-grade students at Primary School No. 55 in Gdańsk and the School and Kindergarten Complex No. 7.

Objective of the innovative project

Development of the students' health, social and civic competences.

Materials from the Medcover Foundation's Multimedia Lessons project were used to prepare the „We Eat Well” workshop, organised by the Eligo Institute of Nutrition and Development:

The Eligo Institute of Nutrition and Development and the Medcover Foundation have been supporting each other for years in the implementation of health and disease prevention programmes for children. We are thrilled to have taken part in such innovative lessons as the ones we co-organised in the Gdańsk primary school!

We would like to thank the Eligo Institute for inviting us to cooperate in this project.



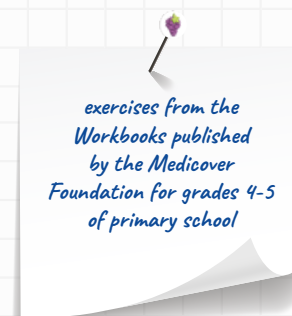
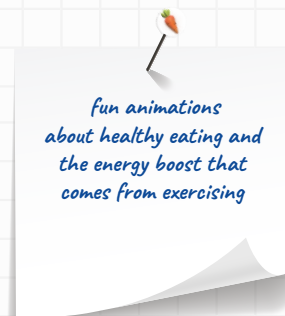
**Katarzyna
Walczak-Szepszczyńska**

Specialist in Paid Activity,
the Medcover Foundation



**Agnieszka
Danielewicz**

Eligo Institute



Multimedia Lessons

are packages of modern classes about a healthy lifestyle made available free of charge to primary schools; our Multimedia Lessons have already reached over **60,000 students throughout Poland.**

Lesson components

- ✓ student workbooks featuring a board game,
- ✓ lesson scenarios for teachers,
- ✓ educational videos.

Watch the video



The lessons implemented as part of this innovative project combine visual elements with multimedia features and include students' own performances where they are able to play different roles as well as making hypotheses and trying to defend them. During the classes, I apply different elements interchangeably so that children have the opportunity to learn how to use different sources of information. Students try to interpret the information independently and answer the key questions: What is health? How can I impact my own health? If we teach students creatively through challenges, tasks, and exploration (all part of our Multimedia Lessons), we are able to show them that positive choices improve their health (right after they learn to define what health is), and we set them on the right path to... a healthier life.

Scan the QR code and invite your child to watch the fascinating videos from the first edition of the Medcover Foundation's Multimedia Lessons project.



QUEEN SILVIA NURSING AWARD

Queen Silvia of Sweden Nursing Award.

QSNA



We listen to what nurses tell us. We help them discover innovative ideas and broaden their own horizons in order to solve the most pressing health problems of the elderly.

In Poland, between 2016 and 2022, we received:



1490+
ideas



from **1050+**
participants



Visit the QSNA website

www.queensilvianursingaward.com



Find out more



Queen Silvia Nursing Award



The Queen's Nursing Award is a prestigious scholarship addressed to nurses and students of nursing. Her Majesty Queen Silvia of Sweden is the patron the Award. The Medicover Foundation has been organizing the QSNA in Poland for 8 years now.

Purpose of the Award:

- promotion of the nursing profession,
- enabling the development of committed nursing talents,
- creating conditions for lasting and positive changes in health care.



A QSNA Scholar receives:



a diploma from Her Majesty Queen Silvia of Sweden



a monetary reward



tailored to the Scholar's potential for further training



the opportunity to benefit from international networking



the invitation to participate in the award ceremony in Stockholm



Watch video

QSNA AWARDS CEREMONY IN STOCKHOLM

On September 1, 2022, all Scholars met at the Bernadotte Library at the Royal Palace in Stockholm to collect the Award from Her Majesty Queen Silvia of Sweden. Watch the video from the award ceremony in Stockholm.



THE POLISH EDITION OF THE QSNA COMPETITION IN 2022 WAS EXECUTED UNDER THE HONORARY PATRONAGE OF THE MINISTRY OF HEALTH AND THE MAIN COUNCIL OF NURSES AND MIDWIVES.

QSNA Scholars become ambassadors of the nursing profession in their countries and regions: Sweden, Finland, Poland, Germany, Lithuania, the University of Washington in the USA, and the State of São Paulo in Brazil.



SWEDEN



FINLAND



POLAND



GERMANY



LITHUANIA



USA



BRAZIL

QSNA Scholar of the 7th Polish edition of the **Queen Silvia Nursing Award**

On 23 December 2022, exactly on the birthday of Her Majesty Queen Silvia of Sweden, the results of the QSNA's 7th edition in Poland were announced.



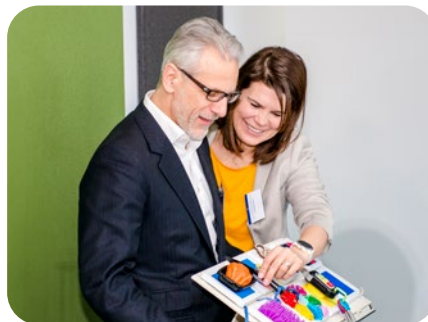
In the photo: Marcin Radziwiłł – President of the Medicover Foundation; Dominika Rachwał – QSNA Scholar 2022; Sophie Lu-Axelsson – CEO of Swedish Care International.



Dominika Rachwał

QSNA 2022 Scholar
Nurse at the University Hospital in Krakow, student of second-cycle nursing studies at the Collegium Medicum of the Jagiellonian University.

My ambition is to design and produce polysensory panels, with various textures, colours and elements reminding seniors about how to function in everyday life (e.g., telephone keypads, cutlery, vegetables, fruits, grass, calendar, numbers, letters, various shapes). The role of specific panels will be to activate patients, reduce negative emotions, calm them down, as well as meaningfully filling the spare time that patients have in the hospital outside the hours of health services, procedures, and diagnostic tests – says Dominika Rachwał, QSNA Scholar 2022.



Marianna Płotast

Nurse at the Diaverum Polska dialysis station in Gdynia. The idea proposed by Marianna concerns the use of image-based Augmented and Alternative Communication (AAC) to facilitate contacts between hospital staff and the elderly.

Additional awards granted by partners

Essity and the Main Council of Nurses and Midwives have been awarding additional distinctions to participants in the Queen Silvia Nursing Award competition for many years.

The 2022 edition was the first time that both institutions unanimously distinguished the same person.

Essity funded the award of PLN 3,000, and the Supreme Council of Nurses and Midwives – a tablet.

VOLUNTEERING AND HELPING

We bring help to those in need by organising volunteering projects for Medicover and Synevo employees. We cooperate with foundations, associations, and partner companies.



We help in a variety of ways, including:



Long-term support for orphanages, single mother's homes, outpatient clinics for the homeless, institutions and centres for relief and development, e.g., for people with disabilities



Volunteer activities and collections in kind



1,5% Support for Early Intervention Pre-adoption Centres for abandoned infants, including the opportunity to donate 1.5% of income tax

In 2022, our aid projects were held in:



Poland



Ukraine



Moldova



Uganda



Malawi



40 projects



700 beneficiaries

Find out more



I ACT FOR OTHERS

We wholeheartedly invite all employees to participate in the Medicover Foundation's programme entitled „I act for others”.

As part of the programme, you can submit your idea for a socially important initiative and receive up to PLN 2,000 for its implementation.

We encourage you to submit projects that are:

- ✔ initiated and implemented by Medicover employees, in teams or individually,
- ✔ aimed at supporting local communities and based on volunteering,
- ✔ aligned with the statutory objectives of the Medicover Foundation, and taking the form of, in particular, disease prevention initiatives, workshops as well as training on health-related topics and the principles of effective and safe treatment.

BREAST CANCER AWARENESS



The Medicover Foundation has once again supported the unique international Breast Cancer Awareness campaign. In 2022, Daria Mejnartowicz, the initiator of the project, flew to Uganda and Malawi to help local women host a number of educational workshops on breast cancer and teach the participants the correct technique of breast self-examination. Thanks to the support of volunteers from Medicover Hospital, Daria attended a professional training course on models to master

breast examination techniques, and she can now pass on her skills to African women to build their breast cancer awareness. Daria was trained in breast self-examination and wound care in challenging situations, including the dressing of difficult-to-heal wounds in cancer treatment.



SUPPORT FOR THE MILICZ HEALTH CENTRE



Aleksandra Lisowska-Soszka
Operations Manager,
Well Fitness fitness club chain

📖 In December, we were happy to take part in the Santa Claus collection of stuffed toys for the children from the Milicz Health Centre, upon invitation from the Medicover Foundation's Aurelia Grzywacz. We had little time to organise the collection, but our fitness team motivated club members in many Polish cities and as a result bags of gifts reached the kids just before Christmas. It was fantastic to see how many people willingly engage in selfless help. Thank you very much for inviting us to take part in this project! We'll be more than happy to offer our support next time, too!

SANTA CLAUS DAY AT THE AMICUS CENTRE



In December, the Medicover Foundation once again became involved in organising a Santa Claus event at the AMICUS Rehabilitation Centre. Together with Randstad, we prepared healthy snacks for children and parents, as well as gingerbread decoration workshops and face painting/tattooing stands. Santa himself was of course present, with his bag full of gifts. The children also received stuffed toys that we had collected as part of our annual Christmas gift collection.

FIRST AID TRAINING IN PRUSZCZ GDAŃSKI



In December 2022, as part of the „I act for others” programme, we organised first aid training at Primary School No. 4 in Pruszcz Gdański. The project was started and set up by Kornelia Ochel, Local Coordinator of the programme, and Coordinator of the Academy of Emergency Rescue. Instructors from the Medicover Academy of Emergency Rescue also joined in. We were able to jointly train children from three pre-school classes and one class of second-graders. During the training, the children learned the basic principles of first aid through hands-on practice. This kind of knowledge

and skills are invaluable and should be regularly taught and consolidated from an early age. After the training, the participants received reflective wristbands to improve their safety.

SUPPORT FOR CHILDREN'S HOME IN KSIĄŻKI

The fantastic and committed team of the Medicover Hospital, headed by Małgosia Machaj, supported the Children's Home in Książki for the second time. The facility hosts 16 children aged 6 to 17, including one family of 4 siblings and two families of 3 siblings. As part of the project, our volunteers joined the children in a cooking workshop. We also purchased the necessary kitchen equipment for the facility.

ZDOBYWCY MARZEŃ / DREAM CATCHERS

In July 2022, as part of the project entitled „Zdobycy Marzeń” („Dream Catchers”), a classroom at the Prof. Z. Sękowska Special Educational Centre in Lublin was renovated. The room was repainted and the walls and floor leveled so that students in wheelchairs can move around the classroom more freely. And after the redecoration the room looks great, too!



Aleksandra Prichacz
MA (Pharmacy),
Medicover Pharmacy,
Wrocław Dąbrowskiego

AUTUMN MINI VOLLEYBALL TOURNAMENT

Organising such a large pro-health event, combining a mini-volleyball tournament, a mini-lecture about healthy eating and an art competition entitled „Exercise is health” was a real challenge, but also a rewarding experience. I hope that this initiative will result in developing healthy habits in the children from our small community. Thanks to the Medicover Foundation, these children now have an even greater chance to pursue their sports passions and talents.

The event took place in October at Primary School No. 109 in Wrocław and was an excellent way to promote a healthy lifestyle and balanced nutrition among young people. The children played 52 matches as part of the mini-volleyball tournament with great passion and dedication. In the intervals between the games, Ola delivered her talk and organised a quiz on healthy eating entitled „Your healthy packed lunch”. At the end of the tournament, the winners of the art competition entitled “Exercise is health” were announced.



mgr Aleksandra Ratajczak-Foterek
Nurse Team Coordinator,
Medicover Centre,
Poznań – Malta

Together with my team, we wanted to do something good and useful. We believe that every good thing we do will come back to us at the right time. We all subscribe to our much-loved slogan „We run to help others”. A shot of endorphins, cheerful smiles and a lot of visitors at our stand – this is a confirmation that such actions are very much needed.

BIEG MOTYLI – THE CHARITY BUTTERFLY RUN



A team of committed volunteers, employees of Medicover's Malta Center in Poznań, offered to take part in charity projects on two different levels. Firstly, they took part in the charity run for the Palium Hospice and secondly, they organised a disease prevention project. As part of the latter, they examined more than 150 people by controlling their glucose levels and blood pressure, as well as carrying out body composition analysis on Tanita scales. They also gave away 30 kg of delicious apples and 12 kg of succulent pears while encouraging 50 kids to exercise with skipping ropes. Congratulations to everyone who took part in this project!

EMPLOYEE VOLUNTEERING POLAND

WE SUPPORT CHILDREN'S HOMES

The Medicover Foundation has been supporting Warsaw-based children's homes for many years. Thanks to the involvement of many companies and a pool of volunteers, in 2022 we managed to carry out several significant social projects. The needs of children's homes are huge and, we are glad that together with our Partners we can work to improve the well-being of children in Warsaw's care facilities.



Paweł Świętochowski
President of the Board, the Castorama Foundation

„It is encouraging to see that the cooperation between the Castorama Foundation and the Medicover Foundation has grown further over the last year. By undertaking socially important projects together, we can offer much more comprehensive assistance. I am especially proud of our volunteers – Castorama employees, who always engage in our joint projects with extraordinary care and commitment.

Thank you!”



IN 2022, WE WERE SUPPORTED THE FOLLOWING FACILITIES:

- ✓ **The Janusz Korczak Children's Home No. 2** (ul. Jaktorowska 6): supplying and installing furniture for children's rooms (one project)
- ✓ **The Maryna Falska Children's Home No. 1** ("Nasz Dom") (al. Zjednoczenia 34): painting of rooms, replacement of doors (four projects)
- ✓ **The "Zielona Dolina" Care and Educational Facility** (ul. Szczotkarska 19): painting rooms (two projects)
- ✓ **The "Zielona" Care and Educational Facility** (ul. Nowowiejska 6 m. 26): painting rooms, fitting in new flooring, doors and beds (four projects)



SUPPORT FOR CHILDREN'S HOMES IN WARSAW IN 2022

11 projects

161 volunteers

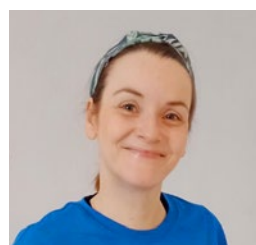
2 professionals (Piotrek and Przemek) who supervised the work of volunteers and supported them with technical know-how

3 great Partners: the Castorama Foundation, AkzoNobel, NatWest Bank



Piotr Kornberg
decoration services,
Partner and volunteer
of the Medicover Foundation

I thank the Medicover Foundation for inviting me to support these projects. During our joint work I met a lot of fantastic, committed volunteers and amazing care facility staff who put all their hearts into their work. In short: my faith in humanity has been restored!



Małgorzata Zakrzewska
Junior Specialist
for Administrative
and Legal Matters, Medicover

Participating in the Medicover Foundation's charity projects is always an amazing experience. I am happy to help others and spend time with fantastic people with big hearts. It is amazing that even a small bit of help can bring smiles to children's faces.

THE MEDICOVER FOUNDATION'S VOLUNTEERS SUPPORT PRE-ADOPTION CENTRES

In the first half of the year, we became deeply involved in supporting pre-adoption centres. For very many years now, the Medicover Foundation has been helping the Early Intervention and Pre-Adoption Centre (IOP) in Otwock and the Nursing and Care Association „With Trust into the Third Millennium”. There was no shortage of employees willing to volunteer in the projects. In addition, our employees from Ukraine temporarily residing in Poland, and volunteers from partner companies also joined our project.



SUPPORT FOR PRE-ADOPTION CENTRES

IOP Otwock: moving stocked goods, sorting donations (four projects)

IOP Otwock: gardening, spring cleaning (two projects)

The Trust Foundation: gardening, spring cleaning (one project)

7 projects **64 volunteers**

In August, a strong group of volunteers met at a charity event at a school for children with autism in Wilanów, Warsaw. We have been supporting this educational institution for many years. It is a unique facility that takes care of children who are severely disabled with autism who need special learning conditions and individual teaching methods. Thanks to the work of volunteers, the children can now learn in more comfortable conditions, which also translates into an improved effectiveness of the classes.

1 project **20 volunteers**

Such projects open our hearts to the needs of other people and our eyes to key values that are timeless. Thanks to initiatives like this one we also realize that we already have plenty to be thankful for in our lives. In addition, joint action brings people together as a team, allows us to get to know each other better in less formal situations, and to experience and understand that together we can do more. With this attitude and conduct, we set an example for others: our children, co-workers, clients, and patients.



Katarzyna Olszewska
Director of the InviMed Clinic Warsaw-Praga

SUPPORT FOR THE 'Q ZMIANOM' ASSOCIATION FOR CHANGE AND DEVELOPMENT

In October, together with the Legia Foundation, we had the pleasure of organizing assistance for the 'Q Zmianom' Association for Change and Development. The mission of the Association is to help others spread their wings through professional assistive services and psychological education. Thanks to a dynamic team of many volunteers, partners and foundations, we were able to move the Association from its old location to a new, beautiful seat. In addition, we donated 8 laptops and office furniture to the Association.



Aneta Zawadzka
Head of Central Purchasing, Medicover



I treat volunteering as an investment in myself because selflessly helping others makes you a better person. I encourage my Team, the Central Purchasing Department, to actively cooperate with the Medicover Foundation. My people always enthusiastically join various projects. This cooperation offers us many benefits, too: we integrate, make new friends, develop new skills, break our daily routine to get that shot of endorphins, too.



Dagmara Gawęda
Project Manager, the Medicover Foundation



It is truly extraordinary that the Medicover Foundation has such a wonderful group of friends: Volunteers, Partners, Beneficiaries, and Collaborators. WHENEVER help is needed, there will be people ready to cooperate. Dear friends, your energy, passion, commitment and open hearts are admirable. What you do is beautiful, unique and touching. Thank you for supporting us. It's an honour to work with you!



2 projects **40 volunteers**

OTHER PROJECTS

Donations of 1% of income tax – we support the Nursing and Care Association "With Trust into the Third Millennium" in Częstochowa and the Early Intervention Centre in Otwock

It is our long-standing tradition that all funds collected through donations of 1% of income tax are transferred to the Early Intervention and Pre-Adoption Centre (IOP) in Otwock and the Nursing and Care Association „With Trust into the Third Millennium” in Częstochowa. To support the two facilities, simply enter the Medcover Foundation's National Court Register (KRS) number in your PIT annual return. The number is 0000283132. The two facilities we support with these funds provide newborns and infants with medical assistance offered by staff with warm hearts who create an atmosphere of home to help the little ones take their first steps and say their first words with confidence and smiles on their faces. Both Centres provide the children with the necessary care and love while looking for matching foster families. The employees of the two facilities do everything to ensure that the children do not end up in children's homes, but instead find their new, loving families. **In 2022, we collected PLN 18,022.60 for this purpose.**



Outpatient Clinic for the Homeless

The Medcover Foundation has been cooperating with the Outpatient Clinic for the Homeless at ul. Wolska in Warsaw for many years now. We regularly organise volunteering activities and donate medical equipment and other supplies to this institution. The Clinic is run by the „We are Hope” Association, which works for people affected by poverty and homelessness (including refugees). Currently, 28 volunteer doctors work in the Clinic.

The Clinic's scope of services:

- general medical care (e.g., internal medicine doctors, GPs)
- specialist care (e.g., surgeon, pulmonologist, diabetologist)
- medical examinations and procedures (e.g., blood sugar level control, wound dressing)
- dental care

Gifts for the little ones – a Christmas project implemented with Medcover Benefits

On December 1, we launched another installment of our traditional Christmas collection. Together with Medcover Benefits, we offered Medcover staff a unique opportunity to buy toy shop vouchers for newborns and toddlers from pre-adoption centres. People spent their Medcover Benefits points to buy vouchers and support a worthy cause!



Dear Medcover volunteers! As every year, I would like to thank you with all my heart on my own behalf and on behalf of all the children we look after for the love you have been showing us over so many years. Your material help matters, but what is equally important is the fact that you always remember to support us. This lends us the strength to continue our work for the most vulnerable children in need. You are doing a lot of good that I hope will come back to each and every one of you with double force. Thank you for being there for us!

Magdalena Szymczyńska

President of the Nursing and Care Association „With Trust in the Third Millennium”



We would like to sincerely thank the Medcover Foundation for consistently supporting our aid activities targeted at people affected by homelessness. We would like to express our special gratitude to Mr. Wojciech Tymirski from Medcover, our steadfast supporter in the process of establishing our new clinic. The feeling that you stand with us and regularly provide medical care to our patients through your projects makes our operations so much easier. We are looking forward to our further long-term and fruitful cooperation.

Agnieszka Fill

Head of the Maria Zoll-Czamecka Outpatient Clinic for the Homeless Clinic, Vice President of the „Jesteśmy Nadzieją” („We are Hope”) Association

Anna Podrażka-Szcześniak

internal medicine doctor;

President of the „Jesteśmy Nadzieją” („We are Hope”) Association

ŚWIĘTA TO CZAS RODZINNY
CZAS MAGICZNY CZAS POMAGANIA

Zrób świąteczny prezent maluszkom, które nie mają rodziny.

- 1 Zaloguj się na platformę Medcover Benefits
- 2 Skorzystaj z punktów i zakup voucher do Smyk
- 3 Voucher wyślij mailem na adres: prezentsdiazdiecei@medcover.pl

Wszystkie vouchery zostaną przekazane dzieciom z Interwencyjnego Ośrodka Preadopcyjnego w Otwocku oraz Zakładu Pielęgniarsko Opiekuńczego „Ufność” w Częstochowie.

Medicover Optyk – active not only in business!



Despite its huge workload caused by the company's dynamic development, implementation of innovative technologies and new store openings, the Medicover Optyk team does not forget about those in need. In January, Medicover Optyk staff joined forces with the Medicover Foundation to run a free-of-charge eye-sight test for students from a children's home near Warsaw. The volunteers also donated glasses and spectacle frames to the young patients. By donating glasses, Medicover Optyk also actively supports the Medicover colleagues who have escaped the perils of war in Ukraine. Members of the Medicover Optyk team also helped the staff of the Nazaret Home for Mothers and Children in Brwinów by offering them new glasses and matching frames. It is extremely encouraging that a company that is growing so dynamically and expanding its business still remains socially responsible and highly sensitive to the needs of others.

Music therapy at the Department of Child Psychiatry

On November 12, 2022, a fantastic charity dinner was organized at the Romanesco restaurant in Wolin, supported by excellent chefs. That evening, guests had the unique opportunity to taste brilliant dishes prepared by exceptional chefs who contributed to the event. In addition, the dinner guests were able to take part in a charity auction of items for the Department of Child and Youth Psychiatry of the Zdroje Hospital in Szczecin. The items for the auction had been donated by many sponsors who supported the organisation of the event.



The outcomes of the project:

- 🎵 Thanks to the support offered by the Medicover Foundation (the project's partner), the organisers purchased musical instruments for the children treated at the Department of Child and Youth Psychiatry of the Zdroje Hospital in Szczecin.
- 🎵 The donated instruments will help organise music therapy classes, which can significantly improve the well-being and functioning of young people with emotional and mental problems.



PLN 17,640
the amount collected for
the Zdroje Hospital
in the auction



Monika Kisielewicz

Music therapist
Independent Public
Specialist Health
Care Unit at the
„ZDROJE” Hospital
in Szczecin

🎵 *Music therapy is an important element in the process of in-hospital treatment of children and adolescents. Every illness and every period of time spent in the hospital, sometimes far away from the child's family, friends and hometown, causes anxiety, tension and stress for the young patients. Music and musical improvisation, singing and dancing help alleviate challenging emotions. In addition, playing instruments and listening to certain types of music boost creativity and creative thinking, as well as developing young people's sensitivity to beauty and positivity. In order for music therapy classes to be effective, we need innovative and diverse percussion and string instruments. I am glad that thanks to so many kind-hearted people I will be able to carry out these classes using the best instruments available. Music connects, heals, soothes and changes the world.*



Karol Studziński

chef, owner of the
Romanesco restaurant,
originator of the charity
dinner idea

🎵 *Cooking has always been my great passion. One day my wife and I decided to use our gastronomic experience to help those in need. This is how the idea of organizing a charity dinner was born. My colleagues from other restaurants joined the initiative in no time. Thanks to the involvement of many people and the local community, and despite the initial difficulties, we managed to raise PLN 16,500 in one evening. I am proud that in a small town like Wolin there are so many good people who care about the needs of others.*

VOLUNTEERING PROJECTS BY ROMANIAN EMPLOYEES



For us, 2022 was not just the year we managed to continue ongoing projects, but also one that brought new projects close to our hearts, where we extended our programs to even more locations where the needs were greatest.

We are glad that we managed to increase our partner list in 2022, where we reached communities in other parts of the country, we started new and meaningful projects, and importantly, we were also there for our colleagues at Synevo Ukraine, who have been heavily tested by the war. It was the year we created our first school relaxation room, we became part of the story of many of our partners and we built outside playgrounds for those taking care of children. We were able to benefit many groups with food, educational materials, cleaning and hygienic products, medical equipment or the necessary equipment for the therapy of children with special needs. We are glad to have been able to be there at the creation of the first institute for children and young people with autism spectrum disorder in the country. We know that due to our support dozens of children and young people take small but sure steps toward independence on a daily basis. We simultaneously continued our Healthy Diet webinars, an important part of the daily fight that young people with Down Syndrome from several parts of the country fight on a daily basis.

MEDICOVER ASSOCIATION ROMANIA 2022

21
projects

Over
3600
beneficiaries

Help offered in
12
counties

Over
400 participants
benefitted from
the Nutrition Workshops for
people with Down Syndrome
around the country

Support in Romania,
the Republic of
Moldova, and
Bulgaria for over
200

of our colleagues
and family members
affected by the war
in Ukraine.



»» *In short, 2022 had everything. It was a year that brought new challenges, some of them impossible to predict and that tested more than ever the humanity in each of us. The volunteering side continued with its planned activities, sometimes with more Covid-19 limitations, sometimes with fewer. Thus, new projects were born, such as relaxation rooms in schools, but also playgrounds for children in the care of other organizations. All this time we continued our Resources for Good Deeds activities, through which we supported numerous partners, as well as our Healthy Diet webinars, specifically designed and organised for young people with Down Syndrome from several parts of the country. 2022 also brought the situation started by the Ukraine war. A situation that totally changed overnight the normal rhythm of things with which we were all familiar. Bringing our Ukrainian colleagues and their families safely to Romania or simply transiting the country, finding a safe place to live or a job were just some of the new concerns; some of these new situations taught us that the help given in the most difficult moments is the help that can change lives and bring fulfilment.*

Alina Corneanu

Volunteering and Communication Coordinator
Medicover Association

THE FIRST RELAXATION ROOM IN SCHOOLS, A PROJECT CLOSE TO OUR HEARTS

When was the last time you were proud of something you did and in which you felt deeply invested? It happened to us in 2022 and we are truly happy to have been able to complete our first project of this type, and a very dear one. We are talking about the No. 1 Secondary School in Jegălia (Călărași), where, together with volunteers we set up a colourful place, a little universe where children can discover the world of painting, music, reading and playing. We let you discover the project close to our hearts, a small world of knowledge, a room like every child deserves to have. [You can see more images from this event here](#) ➡



📖 A project that I dreamed of for the Secondary School No. 1 in Jegălia and which we were able to implement with the support of the Medicover Association. People with beautiful hearts, who harmonized the colors with the smiles of the students and offered them the opportunity to enjoy the long-desired “relaxation and mind training room”. Currently, students and teachers can carry out formal and non-formal activities, in a room equipped for activities based on reading, arts, board games, theater. Everything comes to life when there are people with warm souls!



Cristina Dumitru
Head Master School
No. 1 Jegălia

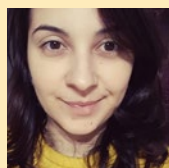
A WORLD OF GAMES FOR CHILDREN FROM ANA ȘI COPIII ASSOCIATION

We know the coming generations are the ones who will be bringing the change for the BETTER, this is why caring for them, the children of today, is an extra chance for a better future. The first Saturday in August meant for us smiling children and joy. Together with our colleagues from Ploiești, we managed to build a beautiful and colourful playground for more than 50 children at the Ana și Copiii Association in Urlați. On the same occasion, the children were taught by our friends in the Romanian Gendarmerie how to prevent danger and how to act in extreme situations.



[See video](#)

📖 We are glad we managed to have by our side our friends from the Medicover Association, who have built a playground for the children. We know exercise is health and joy, so we are grateful for their help. On the day of the event, we were joined by a team from the Romanian Gendarmerie who conducted practical exercises with children of all ages. We would like to thank our friends from the Association for the colourful playground, for the fun activities with the children which made this day be not only busy, but also full of smiles and joy for the old and young alike.



Oana Bulmaga
Sustainability
Coordinator,
Ana și Copiii
Association

PART OF THE INSTITUTE'S STORY FROM AUTISM VOICE

Take a Saturday like any other and 20 friends who donated their time for the GOOD of those around them... and you get a furnished floor at the Autism Voice Institute in Bucharest, where every day, children, teenagers, and young people with autism spectrum disorder win small but definite battles towards independence. We could not have done it without our colleagues at Synevo who sponsored the purchase of furniture and without the volunteers who proved that, once again, good can be achieved through people and their involvement.

[You can see more images from this event here](#) ➡

EXERCISE FOR YOUR HEALTH AT THE AUTISM 24H ULTRAMARATHON

It is said that the best lessons are learned from the earliest years of every child's life. This past year we worked hard for one such important lesson, the one about the importance of exercise for a healthy lifestyle. For the fourth consecutive

year, we were the main sponsor for the Children's Race in the Autism24H event, an ultramarathon that brings young and old runners from all around the country to the shore of the Black Sea. The interactive music, the sea breeze, and the hap-

py mood were the perfect running environment for the many children lining up at the START line. We are glad to have been there by their side to help them every step of the way. [You can see more images from this event here](#) ➡



MEDICAL EQUIPMENT FOR THE NEURO MOVE CMT ASSOCIATION

We met Arabela and the beneficiaries of the Neuro Move CMT Association a while back, through one of our colleagues. She told us about the obstacles that people diagnosed with rare diseases have to face on a daily basis. And, to be honest, those are numerous and hard to bear. Even if they are at the other end of the country, all the way at Baia Mare, we are glad to be able to help them with some of the materials needed to make the progression of their condition easier to handle. In situations like this, any help means a step forward, one less need or one less expense.

[See more images from this event here](#) ➡

A COLOURFUL PLAYGROUND FOR THE CHILDREN OF THE LETCA NOUĂ ASSOCIATION



You have to believe us when we tell you that a child's genuine joy is one of the best things we receive during our operations. It also constitutes a source of energy for us and this encourages us to go even further with our good deeds. We recharged our energy in just a few hours spent with the children under the care of the Letca Nouă Association from Giurgiu. Together with volunteers, we built a happy and colourful playground, which every child deserves. Their joy became our joy. We are grateful for every gesture and involvement of those who stand by our side and help us slowly but surely build a better path for those around us. [See more images from this event here](#) ➡

LETTERS FOR SANTA FOR SANTA

Would you like to see what a "by the book" end of the year looks like for us? It's the time when we let true joy and the smiles of the children we brought presents to in the "Letters for Santa" campaign reach to each and one of you. To stop time for a while and rejoice with all our heart, that is what we learned from our children, something we, as adults, keep forgetting, caught in hustle of daily activities. Among the presents, some were for the children who love Karate, who managed, through their work, to bring home several medals. We thank everyone who was part of this beautiful story!

[You can see more pictures here](#) ➡

TOGETHER WITH THE CHILDREN FROM THE ST. DIMITRIE FOUNDATION

We confess a beautiful friendship with the people from the St. Dimitrie Foundation in Bucharest and we are glad to be by their side every time. For more than four years now, we have been crossing the threshold year after year and we help cleaning up the Centre before each school year starts.

We thus know that all the children coming here have a cleaner, more hospitable place where they can do their homework, have a warm meal and care for their hygiene. What is better for them is better for us, for a gentler, more secure future.

[You can see more images here](#) ➡

HELP FOR THE BENEFICIARIES OF BUCURIE ÎN DAR

Every time we go somewhere we know there are people in need, we know we will be able to spread a little bit of GOOD and hope for those in need. This gives us a special feeling which we wish to share with you, those who are with us, every chance we get. Through our friends at Bucurie în Dar Association we managed to reach several families in difficult environments in counties around Bucharest and help them with food, cleaning and care products, all needed for everyday life.




FOOD FOR CHILDREN OF THE LETCA NOUĂ ASSOCIATION

We don't know about your week, but ours has been full. We are busy preparing future GOOD deeds and we are happy to have completed others. We visited our friends from the Letca Nouă Association in the Giurgiu county, where many mothers from around the country have found help during difficult times. We have been by their side for several years now and we are sincerely glad to be part of their story, a tale with and about a different kind of childhood, about the strength of a mother to make the hard decision of moving elsewhere, but also of communities that help when the burden becomes too heavy to carry.

HELP FOR UKRAINIAN REFUGEE FAMILIES

An old saying tells us it's better to help someone when one needs it the most, so we try to be by their sides when it is hard to make ends meet. This time we managed to do a GOOD deed for children in many villages near Slobozia, as well as for several Ukrainian families

for whom this city became their "home", because of the war. We know that, with each and every aid, the needs of the Floarea lalomițeană Foundation decrease and are easier to bear. And this matters beyond words! [See more images here](#) 

SPORT EQUIPMENT FOR THE YOUTH WITH DOWN SYNDROME

Well over one year ago, with the help of the înCerc Program specialists, we started helping young people with Down Syndrome from several areas of the country by offering personalized information for a healthy diet, which is an essential part in fighting their disease. And because we know and promote the idea that a healthy lifestyle also means movement, we are glad to share that we have managed to help the young people at the Down Syndrome Association in Bacău with the necessary goods so that their physical activity classes would be even more interactive.



CHEMISTRY LAB FOR THE CHILDREN OF THE CONIL ASSOCIATION

Do you know how much a child enjoys opening a present? We enjoy just as much being part of a partner's story, a beautiful soulful story but, even more, one that involves helping hundreds of children. This time we are glad to be a part of a project belonging to our friends at the CONIL Association. Our help completed the story of The Chemistry Lab, a place where several generations of students discover every day the world of interesting experiments, the secrets of the elements around us and so much more.

[You can see more images here](#) 

ONLINE WORKSHOPS FOR THE YOUTH WITH DOWN SYNDROME

Conceived almost two years ago, the Nutrition Workshops for youth with Down Syndrome were designed and structured to support an ongoing need for diagnosed youth around the country. During the online workshops, they discover step-by-step what a healthy diet includes. Later, through webinars, they learn to create healthy dishes and even to cook with their parents. Under the supervision of nutrition specialists, they not only correct certain unhealthy eating habits, but they learn that careful eating also means maintaining a certain body weight, as well as preventing many health problems associated with Down Syndrome. Since the program started two years ago, approximately 400 participants have benefitted from the online meetings.

In almost two years since the beginning, approximately 400 participants have benefitted from the online meetings.

SOLUTIONS FOR COMMUNITY, THROUGH NEW PROJECTS



2022 is also the year when we started another project close to our hearts, in collaboration with Synevo Romania. Solutions for Community is a selection campaign through which 10 projects on a national level that might change the future of a community for the better have been selected and received financing from Synevo Romania in order to become reality. The project was coordinated by Synevo Romania and Medicover Association and the sponsored projects were selected by a dedicated jury out of the 228 projects that were initially submitted. Health, Education and Environment are three pillars around which hundreds of projects have been built and that bring extra value which we all desire at community level.

"Solutions for Community is a project dear to us that summarizes very well the direction in which we want it to develop and in which we want to grow the communities which we are a part of. For us, education and health are a priority and this is apparent in all our activities, and all the projects we have implemented so far, and the environment has always been our focus, trying to minimize our impact. We consider these three interconnected fields cannot reach their maximum potential one without the other", said George Istrate, General Manager, Medicover Association.

All information relating to this project can be found by accessing the dedicated platform www.solutiipentrucomunitate.ro/



HEALTH EDUCATION FOR THE JEGĂLIA SECONDARY SCHOOL

While we all go through uncertain times, it is the good and simple things that give us back our hope. We managed to do such a deed for the pupils at the No. 1 Secondary School in Jegălia, Călărași. Together we reminded them about the importance of hygiene and diet and took the first steps with our volunteers in building a room where they can discover a little bit about what music, painting, sport, reading and others are all about.

MEDI-COVER BAND PERFORMANCES

ANOTHER FANTASTIC ROCK'N'CHARITY YEAR!



In 2022, the Medi-COVER Band returned to the stage with a bang after the break caused by the pandemic. There was so much going on: a concert on the rooftop, a tour of many cities, meetings with stars of the Polish rock scene, fantastic music, great performances and incredible emotions. Most importantly, all this served a good cause!

The Medi-COVER Band is a charity rock band made up of employees from various Medicovert departments and businesses who volunteer to pursue their passion after work, meeting for rehearsals and playing concerts. The combination of great talent, commitment and fantastic rapport with the audience has made this project a huge success. The initiative was established at the beginning of 2016, and so far the band has played dozens of concerts – both in Poland and abroad.

The idea to invite the Medi-COVER Band to play for MML employees really hit the mark! The incredible energy of the musicians made it so much fun to watch them perform. This event was also a great opportunity for us to integrate and enjoy ourselves while support the Medicovert Foundation's social projects. Nothing but positives! To the Band's Musicians: thank you for accepting the invitation and for your sensational concert and exceptional emotions. I can't wait for your next performances!

Medi-COVER Band's 2022 performances

- „LaPlaya, Warsaw (September)
- Medicovert Dentistry Conference, Radisson Hotel, Warsaw (October)
- Nasz Lekarz + Hospital Services, Toruń (October)
- Synevo, Warsaw (November)
- MML, Relax Stage, Warsaw (December)



Robert Krom
Business Development and Integration Director, Medicovert



As Medicovert's Ambulance and Hot Line Manager, I focus on delivering medical care to our patients together with a team of doctors, paramedics and dispatchers. In turn, as a guitarist in the Medi-COVER Band, the Medicovert Foundation's rock band, I get the chance to impact the lives of children with health problems and in need, as well as their families. I believe that combining my passion with charity work is one way to make a positive difference in the world.

Ireneusz Urbanke

Ambulance Service Manager, Medicovert, guitarist of the Medi-COVER Band

The core line-up of the Medi-COVER Band:

- **Grzegorz Wisniewski** (bass) – IT Manager, Invimed, Medi-COVER Band Manager
- **Ela Tomaszewska** (vocals) – nurse, CM Elektronowa
- **Iza Gosk** (vocals) – Senior Communications Specialist, Medicovert
- **Łukasz Krawczyk** (guitar) – IT Services Manager, Medicovert
- **Irek Urbanke** (guitar) – Ambulance Service Manager, Medicovert
- **Maria Łankowska** (saxophone) – Corporate IT Solutions Specialist, Medicovert

Also playing with us:

- **Magda Grzeszczuk** (keyboards) – Laboratory Diagnostician
- **Agata Kwapińska** (drums) – volunteer and friend of the Medicovert Foundation
- **Marcin Trojanowicz** (drums) – a volunteer and friend of the Medicovert Foundation
- **Michał Jasiński** (percussion) – Dentist

„A MUSICAL JOURNEY TO HEALTH”

Thanks to the funds raised at the concerts, we have been able to implement the Medi-COVER Band's charity project called „A musical journey to health”. In 2023, this project will include, music therapy classes for three groups of beneficiaries: children from oncology wards, people with intellectual disabilities and autism, and children from children's homes.

A HEARTFELT “THANK YOU” FROM THE MEDICOVER FOUNDATION’S TEAM



We are grateful **TO LOCAL GOVERNMENTS, SCHOOLS, TEACHERS, NURSES** and all our **PARTNER ORGANISATIONS** for your dedication and ongoing cooperation. It is extremely valuable to us that we can rely on each other. We believe that the next year will bring additional socially important projects – please feel welcome to join us in their implementation.

We would also like to thank our **BENEFICIARIES** for their trust and for the journey we have been on together. Your successes and smiles are a great reward for our effort.

We also thank the Foundation’s fabulous **VOLUNTEERS**. You are the wind in the Foundation’s sails! Together we can achieve more.



We wish all **THE FRIENDS** of the **FOUNDATION** all the kindness, smiles, and goodwill around you. We know we can always count on you. By taking care of ourselves and others, together we make the world a better place for everyone.

THANK YOU! *The Medcover Foundation’s Team*

PRIZES AND AWARDS



THE MEDICOVER FOUNDATION MAKES IT TO THE FINALS OF THE „DNA – HELPING OTHERS IS IN OUR GENES”

During this year’s closing gala of the 2nd Polish Power of Business ESG Congress, held at PGE Narodowy Stadium on 7 November, the results of the „DNA – helping others is in our genes” competition were announced. The competition was open for Polish companies, NGOs and institutions involved in charity projects during the pandemic and help for Ukraine.

The Medicover Foundation was a finalist in the category of social support related to the war in Ukraine.

COMMUNITY INDEX GOLD AWARD FOR THE „ÎNCERC” PROGRAMME

The „ÎnCerc” programme, implemented by the Medicover Association in the cities of Ploiești and Cluj-Napoca, is Romania’s first and only programme for the prevention of type 2 diabetes and lifestyle diseases. The Programme received the Gold Award in the „Nutrition/Wellbeing” category of the Community Index 2022 ranking for the third consecutive year. We are delighted at this award, and satisfied with our efforts so far – but we are also determined to continue our work for the benefit of the local communities. We are proud to be among other companies and institutions successfully implementing Corporate Social Responsibility (CSR) projects.

The Community Index 2022 is one of the leading rankings of CSR projects implemented by Romanian companies.





MEDICOVER
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<https://www.medicover.pl/en/medicover-services/the-medicover-foundation/>