



# WELLNESS CAPABILITIES OVERVIEW

offered by the **Insuurope Network**



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WELLNESS CAPABILITIES

Insurope Network Members' Overview

COUNTRY	LOCAL NETWORK MEMBER	RISKS RELATED PROGRAM						PRO-ACTIVE INTERVENTION				OTHERS				
		Medical checks	Fitness	Pandemic	Flu	Anti-Smoking	Travel health	Wellbeing	Health Promotion	Personal Health	Stress Management	Return to work	Pre-employment checks	Measurement of programs' effectiveness	Employee surveys	Sharing good practice/ benchmarking
Albania	SIGAL UNIQA Group AUSTRIA	■		■			■		■	■			■			
Antigua	Sagicor Life Inc EC	■		■					■	■	■					
Argentina	HSBC			■												
Argentina	Prudential			■												
Aruba	Sagicor Carribean			■												
Australia	Resolution Life											■				
Australia	Integrity Life											■				
Austria	UNIQA Österreich Versicherungen AG		■	■	■	■		■	■	■	■	■				
Barbados	Sagicor Life Inc	■		■				■	■	■						
Belgium	AG		■	■				■	■		■	■			■	■
Belize	Sagicor Life Inc	■		■					■	■	■					
Bosnia and Herzegovina	UNIQA Bosnia / Herzegovina	■	■	■				■	■	■	■				■	■
Brazil	Care Plus Part of Bupa	■		■	■	■	■	■	■	■	■				■	
Brazil	Icatu Seguros			■												
Bulgaria	UNIQA Life Insurance Plc	■		■			■	■	■	■	■					
Canada	Manulife	■	■	■	■	■	■	■	■	■	■	■		■	■	■
China	Ping An Annuity	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
China	Ping An Health Insurance Company	■	■	■				■		■						
Colombia	Seguros Bolivar	■	■	■	■	■	■	■	■	■	■			■	■	
Costa Rica	Aseguradora del Istmo (Adisa), S.A.	■	■	■	■			■	■	■		■		■	■	
Croatia	UNIQA osiguranje d.d.	■	■	■			■									
Czech Republic	UNIQA pojišťovna, a.s.			■												
Curacao	Sagicor Carribean			■												
Denmark	Danica Pension	■	■	■				■	■	■	■	■				■
Dominica	Sagicor Life Inc	■		■					■	■	■					
Egypt	Orient Egypt	■		■												



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France	Groupama Gan Vie	■	■	■	■	■	■	■	■	■	■	■		■	■	
Germany	Alte Leipziger		■	■		■						■				■
Germany	HALLESCHE Krankenversicherung	■	■	■	■	■	■		■	■	■					
Greece	Interamerican SA			■												
Grenada/Carricou	Sagicor Life Inc	■		■					■	■	■					
Guadeloupe	Groupama Gan Vie	■	■	■			■			■		■				
Guernsey	Canada Life			■				■	■	■	■	■				
Hong Kong	Manulife (International) Limited	■						■	■	■	■					
Hungary	UNIQA Biztosító Zrt			■				■	■	■	■					
Indonesia	Allianz Life Indonesia	■	■	■		■		■	■	■	■					
Ireland	New Ireland Assurance Company plc			■								■				
Isle of Man	Canada Life			■				■	■	■	■	■				
Italy	UnipolSai Assicurazioni S.p.A.			■												
Jamaica	Sagicor Carribean			■												
Japan	Asahi Mutual			■				■	■	■	■	■	■	■	■	■
Jersey	Canada Life			■				■	■	■	■	■				
Kosovo	SIGAL UNIQA Group AUSTRIA (Kosovo)			■												
Latvia	ERGO Life Insurance SE, Latvian Branch			■									■			
Lithuania	ERGO Life Insurance SE			■												
Luxembourg	Lalux Assurances-Vie	■														
Malaysia	Allianz Life Insurance Malaysia Berhad			■				■	■	■	■					
Martinique	Groupama Gan Vie	■	■	■						■		■				
Mexico	Grupo Nacional Provincial	■	■	■		■		■	■	■	■	■	■		■	
Monaco	Groupama Gan Vie	■	■	■						■						

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Montenegro	UNIQA osiguranje	■		■			■		■							
Netherlands	Nationale-Nederlanden			■												
New Zealand	Resolution Life											■				
North Macedonia	UNIQA Life ad Skopje	■					■		■	■			■			
Norway	Storebrand Livsforsikring AS			■						■		■				
Panama	Sagicor Panama			■												
Peru	Pacifico Compañía de Seguros			■				■	■		■					
Philippines	Etiqa Life		■	■	■			■	■		■					
Poland	Aviva Poland	■	■		■	■	■									
Poland	UNIQA			■												
Portugal	Tranquilidade			■												
Puerto Rico	Prudential						■	■	■	■	■	■			■	
Romania	UNIQA Asigurari de Viata	■		■	■											
Serbia	UNIQA životno osiguranje Beograd	■		■			■		■							
Singapore	HSBC Life		■	■	■			■	■	■	■		■			
Slovakia	UNIQA poisťovňa, a.s.			■												
South Africa	Sanlam		■	■								■				
Spain	España S.A.			■												
St. Kitts	Sagicor Life Inc EC	■		■					■	■	■					
St. Lucia	Sagicor Carribean			■												
St. Vincent	Sagicor Life Inc EC	■		■					■	■	■					
Sweden	SPP			■				■	■	■	■	■				
Switzerland	Baloise			■				■	■	■	■	■		■		
Taiwan	China Life Insurance	■	■	■	■	■	■	■	■	■	■		■	■	■	

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		Medical checks	Fitness	Pandemic	Flu	Anti-Smoking	Travel health	Wellbeing	Health Promotion	Personal Health	Stress Management	Return to work	Pre-employment checks	Measurement of programs' effectiveness	Employee surveys	Sharing good practice/ benchmarking
Thailand	FWD Life Insurance	■	■	■	■			■	■	■						
Trinidad & Tobago	Sagicor Life Inc	■		■					■	■	■					
Tunisia	STAR Assurances	■													■	■
Turkey	Groupama Sigorta	■		■			■			■						
Ukraine	UNIQA			■												
United Arab Emirates	Union Insurance Company	■							■							
U.S.A.	Prudential						■	■	■	■	■	■			■	
United Kingdom	Bupa UK	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
United Kingdom	Canada Life			■				■	■	■	■	■				
Vietnam	Baoviet	■		■	■			■	■	■	■					
EXPATS/TCN SOLUTIONS	Bupa Global	■		■		■		■	■	■	■		■	■	■	■

FIRST PILLAR

Education and Awareness

This pillar focuses on learning, using a variety of communication tools designed to increase health literacy and knowledge. The goal is to help individuals assess their own health by creating awareness of targeted behaviors that they can adopt or change, as necessary.

COUNTRY	LOCAL NETWORK MEMBER	Flyers / Newsletters	Text Messages (SMS)	Short Video Campaigns	Wellness Calendar	Wellness Toolkit / Health Information Packs	Whitepaper Distribution	Webinar / Wellness Talks	Informational Web Service	Wellness Engagement Platform	Health Risk Assessment (HRA)	Health Fairs Seminars
Albania	SIGAL UNIQA Group AUSTRIA			■					■			
Barbados	Sagicor Life Inc	■			■	■		■		■	■	■
Belgium	AG	■				■		■	■	■	■	
Bosnia and Herzegovina	UNIQA Bosnia / Herzegovina			■					■			
Brazil	Care Plus by Bupa	■		■			■	■	■			
Bulgaria	UNIQA Life Insurance Plc	■				■					■	
Canada	Manulife	■	■	■	■	■	■	■	■	■	■	■
China	Ping An Annuity	■	■	■	■	■	■	■	■	■	■	■
China	Ping An Health Insurance Company									■		
Colombia	Seguros Bolivar	■			■				■		■	■
Costa Rica	Aseguradora del Istmo (Adisa), S.A.	■		■	■	■		■			■	■
Denmark	Danica Pension							■	■	■		■
France	Groupama Gan Vie	■	■	■	■	■		■	■	■	■	■
Germany	Alte Leipziger				■			■	■			
Germany	HALLESCHE Krankenversicherung	■							■			
Greece	Interamerican SA	■										
Guernsey	Canada Life	■			■	■		■	■	■	■	
Hong Kong	Manulife (International) Limited							■				
Hungary	UNIQA Biztosító Zrt			■							■	
Indonesia	Allianz Life Indonesia	■						■				
Isle of Man	Canada Life	■			■	■		■	■	■	■	
Japan	Asahi Mutual	■	■	■		■	■		■	■	■	■
Jersey	Canada Life	■			■	■		■	■	■	■	
Mexico	Grupo Nacional Provincial	■		■	■			■	■	■	■	
Montenegro	UNIQA osiguranje					■			■		■	
Serbia	UNIQA životno osiguranje Beograd					■			■		■	
Switzerland	Baloise	■									■	■
Tunisia	Star Assurances								■			■
Turkey	Groupama Hayat									■	■	

# FIRST PILLAR

## Education and Awareness

This pillar focuses on learning, using a variety of communication tools designed to increase health literacy and knowledge. The goal is to help individuals assess their own health by creating awareness of targeted behaviors that they can adopt or change, as necessary.

COUNTRY	LOCAL NETWORK MEMBER	Flyers / Newsletters	Text Messages (SMS)	Short Video Campaigns	Wellness Calendar	Wellness Toolkit / Health Information Packs	Whitepaper Distribution	Webinar / Wellness Talks	Informational Web Service	Wellness Engagement Platform	Health Risk Assessment (HRA)	Health Fairs Seminars
Turkey	Groupama Sigorta											
United Arab Emirates	Union Insurance Company											
United Kingdom	Bupa UK											
United Kingdom	Canada Life											
EXPATS/TCN SOLUTIONS	Bupa Global											

## SECOND PILLAR

### Prevention and Screening

This pillar focuses on encouraging potentially asymptomatic individuals to know their own risk of getting certain diseases or conditions. The goal is to help individuals with those risk factors receive additional early preventive interventions.

COUNTRY	LOCAL NETWORK MEMBER	Biometric Screening	Cancer Screening/ Vaccine (Mammo-gram, Skin Cancer, Prostate Screening)	Dental Health	Flu Shot Campaign	Fitness screening (Body Fat Analysis)	Other Screenings (Mental, Posture, Eye & Ear, Etc)	Wellness Checks for Men/Women/Baby/ Healthy Pregnancy	Health Kit Package
Albania	SIGAL UNIQA Group AUSTRIA		■	■		■	■	■	■
Barbados	Sagicor Life Inc	■				■	■	■	■
Belgium	AG					■	■		
Bulgaria	UNIQA Life Insurance Plc	■	■	■		■	■	■	
Canada	Manulife	■			■	■	■	■	
China	Ping An Annuity	■	■	■	■	■	■	■	■
China	Ping An Health Insurance Company		■			■	■		
Colombia	Seguros Bolivar	■	■	■		■	■	■	
Costa Rica	Aseguradora del Istmo (Adisa), S.A.	■	■	■	■	■	■		■
France	Groupama Gan Vie		■	■	■		■	■	■
Germany	HALLESCHE Krankenversicherung		■	■			■	■	
Hong Kong	Manulife (International) Limited		■	■		■	■	■	
Hungary	UNIQA Biztosító Zrt	■					■	■	
Indonesia	Allianz Life Indonesia		■		■	■			
Japan	Asahi Mutual					■	■	■	■
Mexico	Grupo Nacional Provincial	■		■				■	
Montenegro	UNIQA osiguranje	■		■				■	
North Macedonia	UNIQA Life ad Skopje						■		
Poland	Aviva Poland		■						■
Romania	UNIQA Asigurari de Viata			■					
Taiwan	China Life Insurance						■	■	
Serbia	UNIQA životno osiguranje Beograd	■		■				■	
South Africa	Sanlam		■						
Thailand	FWD Life Insurance				■				
Turkey	Groupama Sigorta	■		■					
United Kingdom	Bupa UK	■	■	■	■		■	■	
EXPATS/TCN SOLUTIONS	Bupa Global	■	■	■	■			■	



THIRD PILLAR

Health Intervention Programs

This pillar focuses on targeting specific individuals who have already been diagnosed with certain targeted diseases. The goal is to help these individuals, minimize the negative consequences of their disease, and prevent further complications.

COUNTRY	LOCAL NETWORK MEMBER	Employee Assistance Programs (EAP)	Physical Activity Programs (Exercise and Activity Campaigns,Marathons)	Chronic Case Management (Asthma, Diabetes, CVD, etc)	On-site Clinics	Pollution Management
Albania	SIGAL UNIQA Group AUSTRIA				■	
Belgium	AG	■	■			
Bosnia and Herzegovina	UNIQA Bosnia / Herzegovina		■			
Brazil	Care Plus Part of Bupa	■				
Bulgaria	UNIQA Life Insurance Plc	■				
Canada	Manulife	■	■	■	■	
China	Ping An Annuity	■				
China	Ping An Health Insurance Company		■			■
Costa Rica	Aseguradora del Istmo (Adisa), S.A.		■	■	■	■
Colombia	Seguros Bolivar	■	■	■	■	
Egypt	Orient Egypt		■	■	■	
France	Groupama Gan Vie	■		■		■
Germany	HALLESCHE Krankenversicherung			■		
Guernsey	Canada Life	■				
Hong Kong	Manulife (International) Limited	■				
Isle of Man	Canada Life	■				
Japan	Asahi Mutual	■	■	■	■	■
Jersey	Canada Life	■				
Mexico	Grupo Nacional Provincial	■		■		
Montenegro	UNIQA osiguranje	■	■			
Norway	Storebrand	■				
Poland	Aviva Poland		■			■
Puerto Rico	Prudential	■		■		
Serbia	UNIQA životno osiguranje Beograd	■	■			
Sweden	SPP	■	■	■		
Switzerland	Baloise	■				
Taiwan	China Life Insurance			■		
Tunisia	Star Assurances	■		■		
Turkey	Groupama Sigorta					
United Arab Emirates	Union Insurance Company			■	■	
U.S.A.	Prudential	■		■		
United Kingdom	Bupa UK	■	■	■	■	
United Kingdom	Canada Life	■				
EXPATS/TCN SOLUTIONS	Bupa Global	■				

FOURTH PILLAR

Behavior Modification Programs

This pillar focuses on altering behavior that has a direct impact on health status. Steps may involve lifestyle changes (e.g. eating better and exercising) as well as medical changes (e.g. regular testing of blood pressure and cholesterol).

COUNTRY	LOCAL NETWORK MEMBER	Obesity/ Nutrition & Weigth Loss/Healthy Eating (On-site Vending Machines)	Telephonic Wellness Coaching/ Guidance	Incentive Campaigns/ Gym Subsidies/ Coaching/Guidance Certificates	Anti-Smoking Campaign / Substance Abuse
Barbados	Sagicor Life Inc	■			
Belgium	AG	■			
Bosnia and Herzegovina	UNIQA Bosnia / Herzegovina			■	
Brazil	Care Plus by Bupa	■		■	
Canada	Manulife	■	■	■	■
China	Ping An Annuity		■		■
China	Ping An Health Insurance Company				■
Colombia	Seguros Bolivar	■			■
Costa Rica	Aseguradora del Istmo (Adisa), S.A.		■	■	
Egypt	Orient Egypt	■			■
France	Groupama Gan Vie		■		■
Germany	HALLESCHE Krankenversicherung		■		■
Guernsey	Canada Life		■	■	
Isle of Man	Canada Life		■	■	
Japan	Asahi Mutual	■	■	■	■
Jersey	Canada Life		■	■	
Mexico	Grupo Nacional Provincial		■		■
Norway	Storebrand		■		
Poland	Aviva Poland	■			
Puerto Rico	Prudential Seguros		■		■
Sweden	SPP	■	■	■	■
Thailand	FWD Life Insurance	■			
United Kingdom	Bupa UK	■	■	■	■
United Kingdom	Canada Life		■	■	
United States	Prudential		■		■
EXPATS/TCN SOLUTIONS	Bupa Global	■	■		■

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