



SPAFID CONNECT

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Oggetto : Generali launches the "Energy Hub", a space devoted to employee well-being and prevention

Testo del comunicato

Vedi allegato.



29.01.2020
PRESS RELEASE

Generali launches the “Energy Hub”, a space devoted to employee well-being and prevention

- Located in the Generali Tower in the CityLife district of Milan, it is open to all employees to encourage a healthy and sustainable lifestyle
- A new welfare concept gives space to wellness and energy within a special innovative area inside the Generali Tower

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Milan – Generali launches the Energy Hub in the Generali Tower in the CityLife district of Milan, an innovative space dedicated to stimulating the physical and mental energy of all employees and promoting a healthy and sustainable lifestyle.

The Energy Hub was designed in line with Ministry of Health guidelines as part of a preventive health approach. Within the hub, a team of medical professionals has developed a series of exercises and programmes aimed at stimulating the energy of the people involved.

Generali Group is working with Med-Ex, a company specialising in the promotion of prevention programmes through healthy lifestyles, which for 25 years has been providing medical care and sports training for Ferrari racing team drivers.

What's more, the development of the Energy Hub leverages the distinctive skills of the innovative platform of Welion, the integrated welfare company which, within Country Italia and the Generali Group, offers companies health and well-being paths for employees and cutting-edge solutions in the field of corporate welfare.

The launch of the Energy Hub is the latest stage in a true welfare journey for Generali Group employees. Starting from the innovative and collaborative spaces that characterise the Hadid-designed tower, including a cafeteria centred on the concept of wellness and a healthy balanced diet, the following have been launched: a smart working project which gives additional flexibility in work-life balance management and an Energy Check-Up programme (a series of medical examinations aimed at assessing the person's general state of health and cardiovascular risk), for an improved lifestyle and personal and professional performance.

The Energy Hub also enhances the Company's role as Lifetime Partner to its customers and employees, in line with the Generali 2021 three-year strategy.

Maurizia Cecchet, Human Capital Director, Generali Group Investments Asset & Wealth Management, commented, *“We believe it is important to give our colleagues the best possible conditions to feel good at work and to find the right motivation and energy to be able to focus on the ambitious goals we set ourselves”*. She added, *“The well-being of employees is measured not only through the stimulation of physical and mental energies, but also through prevention and knowledge of what it means to lead a healthy life. And so, we've planned to implement workshops aimed at addressing issues such as diet, sleep, the ageing population, etc...”*

The free courses offered to employees include practical activities, as well as physical and mental exercises such as yoga and pilates. Then, there are more innovative courses that promote the company's Diversity & Inclusion policies, including self-defence courses, courses for new mothers returning to work and rehabilitation courses aimed at specific disabilities.

A Formula 1 simulator has also been installed within the Energy Hub, which recreates the experience of a professional driver on the track, stimulating awareness, motivation and decision-making in challenging contexts.

THE GENERALI GROUP

Generali is one of the largest global insurance and asset management providers. Established in 1831, it is present in 50 countries in the world, with a total premium income of more than € 66 billion in 2018. With nearly 71,000 employees serving 61 million customers, the Group has a leading position in Europe and an increasingly significant presence in Asia and Latin America. The ambition of Generali is to be a "life-time partner" to its customers, offering innovative and customised solutions thanks to an unrivalled distribution network.

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