

Press release

Syntegon Technology

Second Germany-wide Health Day at Syntegon

- Hybrid health day at six sites in Germany
- Physical, social, and mental health feature prominently
- Event staged jointly with health insurance, rehab center, and German pension insurance

Crailsheim, April 15, 2024. Healthy throughout Germany – that was the motto for Syntegon's second Germany-wide Health Day held on April 11. Teaming up with AOK, German pension insurance, the Vitalis occupational health management team, the Crailsheim Rehabilitation Center, and other partners, Syntegon offered its employees a varied program featuring a holistic approach to physical, social, and mental health.

On the Health Day agenda at Crailsheim were various activities: Outside experts analyzed employees' body composition and fitness levels in great detail. Measurements of muscle length and torso muscles revealed possible deficits in certain muscle groups. Health Day participants could then carry out muscle length training exercises. A diagnostic and training system enabled employees to target their sensory, visual, cognitive, and motor skills with specific exercises. An expert also talked about addiction and prevention.

Syntegon's in-house company medical service measured blood pressure as part of Health Day. Fruit baskets were on hand to provide healthy snacks. An online program was also available alongside the on-site Health Day activities. It featured digital fitness sessions as well as presentations and workshops on psychosomatics, muscle shortening, healthy aging, and other topics.

Describing what motivated the company to host the event, Syntegon company doctor Michael Reile says, "The health of our employees is paramount at Syntegon. With Health Day, we want to raise our colleagues' awareness of the importance of on-the-job health. And we also hand them the right solutions with our occupational health management services."



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Image



Employees learned more about topics such as healthy nutrition at Syntegon's Health Day in Crailsheim.

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About Syntegon

Processing and packaging for a better life – this is what 5,800 Syntegon employees work for every day. Be it with individual machines, systems, or services, Syntegon helps its customers in the global pharmaceutical and food industries to improve people's lives. The company, which is headquartered in Waiblingen, Germany, looks back on more than 160 years of experience and achieved annual sales of 1.4 billion EUR in 2022. In the pharma sector, the company's intelligent solutions enable the safe and high-quality production, processing, filling, inspection, and packaging of liquid and solid pharmaceuticals. In the food industry, Syntegon's flexible and reliable technologies produce and pack confectionery, dry food, frozen food, and dairy products. With 1,100 service experts and a comprehensive service portfolio throughout the entire machine lifecycle from spare parts management to digital line optimization, Syntegon lays the foundation for smooth production processes for all customers. More than 35 sites in almost 20 countries keep a firm eye on Syntegon's impact on the environment and society. Syntegon is a leader in the development of sustainable packaging solutions, reduces the energy consumption of its machines and pursues ambitious goals to lower its emissions. www.syntegon.com