

# Reduce stress – strengthen your health!



You want to improve your health and well-being and don't know how to go about it?

Let professionals support you.

We are here for you.

**MOVIS**  
for work and life

Where can I get help?

**External point of contact with confidential counselling: +41 848270270**

Or get in touch online: [www.movis24.ch](http://www.movis24.ch)

We are there for you 24 hours a day,  
7 days a week.



Scan QR code and get  
further information.