



PUBLIC SERVICE WELLNESS,
OCCUPATIONAL SAFETY AND
HEALTH (WOSH)

UPSIZED HEALTH NEWS LETTER

VOLUME I

Public Service Cancer Awareness

27 March 2024

**There are no Spare Parts for
Your Body Parts, Take Good
Care of Them....**

About 10 million people die from cancer each year, making it the cause of around one-in-six deaths and one of the largest health problems globally.

Unless we act, the epidemic will kill more than 13.2 million people every year by 2030. Some cancers are treatable if detected early.

**At Ministry of Education, Arts
and Culture Wellness
component, We Care, Do
You?**

**Are you OK today? Come for a
checkup and receive free
information on cervical
cancer.**

Enquiries: Mr Mouton Focal
Director, Health & Wellness

The Public Service Employee Wellness Programme's primary goal is to boost productivity, increase employee health and wellness, reduce on-the-job stress, and cut healthcare costs within the Public Service.

Additionally, the Employee Wellness programme aims at improving morale, increasing job satisfaction, and lowering employee turnover, while reducing disability and absenteeism in the Public Service.



Benefits of health checks at work brings benefits to employees and employers.

FOR THE EMPLOYEES

- Routine screenings help keep employees at their healthiest.
- It shifts healthcare from being reactive to proactive.
- Improving health outcomes; and
- By catching chronic conditions early on, employees can make lifestyle adjustments like exercising or changing diet to improve their health.

FOR THE EMPLOYER

- Direct health care costs to PSEMAS may be reduced.
- Makes employees feel valued and cared for and ultimately leads to higher retention rates.
- Employees do not need to take time off and it is convenient for employees.
- It can also allow provide data that allows employers to identify and address health issues across the company.

Cervical cancer can be effectively treated when detected early. Most women with early cervical cancer will be cured. Come join us for an awareness session on cervical cancer as well as testing and open to all women.

Time: 11h00
Date : 27 March 2024
Venue: Board Room 389 3rd floor