



## **SABAH PORTS LAUNCHES PROGRAM TO IMPROVE EMPLOYEES HEALTH**

Sabah Ports Sdn Bhd (SPSB) recently launched a 'Health Passport' program to increase physical fitness and well – being among its employees. The year-long plan kicked off in January this year and involved close to 1, 000 employees pledging commitment to improve health levels by the year end.

Themed 'Healthy workforce towards best performance', the program aims to prioritize health management as a way to boost productivity.

SPSB's Health, Safety and Environment Department will collaborate with agencies such as SOCSO (Social Security Organization) and a nominated health provider to offer free health screenings as well as conduct quarterly monitoring.

Employees are encouraged to join monthly fitness activities that the Company has lined up throughout the year; while SPSB departments have been tasked to contribute to the program by ensuring it conducts at least one fitness activity annually and collectively motivate others to be on board with the company's vision.

The initiative is expected to create an environment of healthy worker who are encouraged to accomplish a better version of themselves by choosing healthy and positive life choices. The Company has put in place a reward system for those who thrive under this program and is also looking to incorporate a fitness app that will introduce redeemable reward points.



SPSB anticipates the 'Health Passport' will not only increase fitness levels but provide a far reaching impact through reductions in medical cost, lesser downtime as well as improved work performance.

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