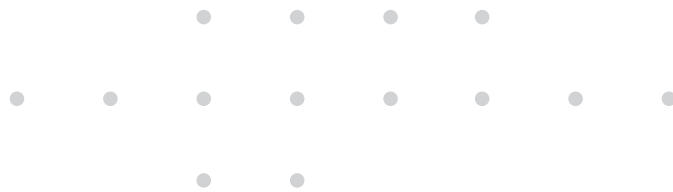


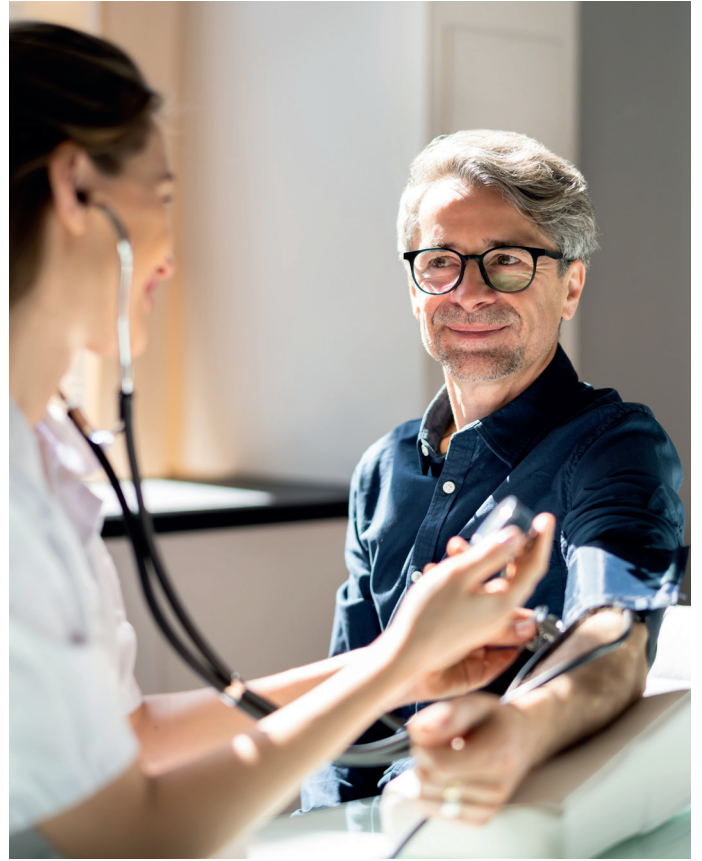
Work healthier. Live more consciously.

**ifa health centers:
First point of contact
for your health**



Offer

Do you work at a contract company location in Baden, Turgi, Birr or Oerlikon? In that case, you can contact the ifa health centers with health concerns, questions and complaints of a physical or psychological nature free of charge. Consultation with the nursing specialists takes place either directly in one of the health centers or online via MS Teams.



Consultation on site without appointment

You can visit the ifa health centers during opening hours, no appointment needed. The nurses will take care of your concerns and provide individual treatment and advice.

If further medical treatment is recommended, the following consultation costs will be charged to your personal medical insurance.

MS Teams consultation by appointment

If you are away from your company workplace and need a consultation, you can email your ifa health center for an MS Teams appointment.

Physical examination and diagnostics are limited during an MS Teams consultation. However, nurses will ask you about your current mental or physical health problem and advise you on possible treatments.



Your data is subject to medical confidentiality and will be handled strictly confidential.

The ifa health centers ...

are at your disposal for health complaints of any kind whether physical or psychological, acute, chronic or emergency.

... offer individual consultations:

- Travel medical consultations for business trips
- Blood pressure consultation
- Preventive advice
(e.g. sun protection, tick protection, infections, etc.)
- Vaccination book check and vaccination consultation
- Smoking cessation counseling
- Ergonomics at the workplace
- Cardiovascular, risk assessment
- Counseling and referral in case of professional and/or private stress situations
- Nutritional-psychological counseling
- Instruction in loosening and stretching exercises for musculoskeletal complaints
- Retreat rooms for rest breaks, breastfeeding, pumping etc. (on request)

... support business units and the whole company:

- Emergency service during opening hours
- Vaccination campaigns
- Health campaigns
- Emergency aid courses (www.arbeitsmedizin.ch/nothilfekurse)
- Care team for traumatic events
- First aid courses for mental health (ensa)

... offer additional services for a fee:

- Travel medical consultation for private trips
(by appointment, from CHF 30.-)
- Vaccination for private purposes (you will only be charged for the vaccine)



The ifa Institute for Occupational Medicine advises, treats and supports organisations and their employees as well as private individuals in all matters relating to physical and mental health.

With its comprehensive expertise, ifa has been making a forward-looking contribution to basic medical care and occupational health management in the Baden region and the whole of German- and French-speaking Switzerland since 1995.

Around 140 ifa employees are committed to serving customers and patients on a daily basis, flexibly adapting to their individual needs.

As a responsible employer, ifa offers dedicated professionals a wide range of tasks in a future-oriented environment characterised by team spirit, and also trains junior staff itself.

ifa health center Baden

Kreuzweg 3. 5400 Baden
T +41 56 205 89 21. T +41 56 205 89 22
gz.baden@arbeitsmedizin.ch

Opening hours

Mon. – Fri. 08.00 – 17.00 h

ifa health center Turgi

Austrasse. 5300 Turgi
T +41 56 205 89 28
ifa.turgi@arbeitsmedizin.ch

Opening hours

Mon. – Fri. 07.30 – 12.00 h. 12.30 – 16.30 h

ifa health center Birr

Zentralstrasse 40. 5242 Birr
T +41 56 205 89 27
ifa.birr@arbeitsmedizin.ch

Opening hours

Mon. – Fri. 06.00 – 16.00 h

ifa health center Oerlikon

Brown-Boveri-Strasse 5. 8050 Zurich
T +41 56 205 89 29
ifa.oerlikon@arbeitsmedizin.ch

Opening hours

Tues. – Wend. 07.30 – 12.00 h. 12.30 – 16.30 h
Thurs. 07.30 – 12.00 h