

The DKFZ logo consists of the lowercase letters 'dkfz.' in a bold, white, sans-serif font. The period is a small dot. The logo is positioned in the top left corner of the page.

GERMAN
CANCER RESEARCH CENTER
IN THE HELMHOLTZ ASSOCIATION

Research for a Life without Cancer

DKFZ *aktiv!*

Corporate Health Management Program (BGM)
of the German Cancer Research Center

Dear Colleagues,

You are our most important resource for the success of the DKFZ! Your health and well-being are the fundamental prerequisite for your motivation, your efficiency, and your commitment. **DKFZ *aktiv!***, the Corporate Health Management Program (BGM) of the DKFZ, is dedicated to ensuring that they remain preserved for as long as possible.

In a highly complex area of science such as cancer research, requirements can be considerable. The compatibility of your private life with your working life is often challenged. As you spend a large part of your time at work, it is of great concern to the DKFZ to shape your working environment – hence the framework conditions, structures, and processes – in a way that they support your health. At the same time, you should be given the possibility to perceive and strengthen your own individual resources and develop a self-determined healthy behavior.

Therefore **DKFZ *aktiv!*** provides a broad spectrum of offers with regards to your behavior and the conditions. For that reason, a structured coordinated team-work between the Management, HR, Staff Council, Staff Medical Service, Safety Unit, Science, Cancer Prevention Unit, and further units of the DKFZ has been established. With our external cooperation partners, the Institute for Sports and Sports Science (ISSW) of the University of Heidelberg, the Heidelberger Institut für Gesundheitsmanagement (HIG), Kern Medical Engineering GmbH and various health insurance companies, we have strong and experienced partners at our side. Within the Helmholtz Association and the Rhein-Neckar region, we are strongly networked and benefit from an active exchange of experience.

Do you have input or questions? Contact us at aktiv@dkfz.de. We are looking forward to your ideas!

Best regards,

A handwritten signature in white ink, appearing to read 'M. Baumann', written over a dark blue background.

Prof. Dr. h. c. Michael Baumann
Scientific Director

A handwritten signature in white ink, appearing to read 'U. Weyrich', written over a dark blue background.

Ursula Weyrich
Administrative Director

A handwritten signature in white ink, appearing to read 'G. Schulze-König', written over a dark blue background.

Gabriele Schulze-König
Corporate Health Management Program (BGM) Coordinator



DKFZ aktiv! – The Offer from A-Z

Addiction

In addition to the employee initiative on addiction and the chain of talks developed, BGM has compiled a wide range of information and support options for you. Find out more about the various options on the intranet.

Advice

- Krebsinformationsdienst (Cancer Information Service)
- Working and Caring
- Selbsthilfe Heidelberg (Self-Help Groups)
- Self-help agent at NCT for patients

Cancer Prevention and Early Detection Program

This program addresses issues such as colorectal cancer, skin cancer, HPV/cervical cancer, prostate cancer, and breast cancer. Various offers within this program will enable you to receive information regarding cancer prevention and early detection, counseling, and – whenever possible and medically sensible – early detection screening.

Consulting/Coaching in Stressful Situations

There are various internal and external places to go if you need support in case of problems related to work or private life. The offer which is free of charge for you addresses managerial staff as well as staff-members without leadership responsibilities. Please, check the intranet for more information about the current offer.

Ergonomics & Virtual Work

- Healthy work at the computer/ergonomics consulting service
- “leicht bewegt” at the DKFZ
- Target group specific offers
- Ergonomics in the home office

First Aid


The Advanced Training as well as the Safety Unit offer courses and a lot of information related to first aid and AEDs (automated external defibrillator) at the DKFZ.

Health-Related Training

The Advanced Training offers a broad range of health-related trainings, e.g. related to leadership, time management, communication, self-management, Self defense, teamwork, vocal training, etc. Find out about the current offer directly from the Advanced Training Team or via the Training Portal on the intranet.

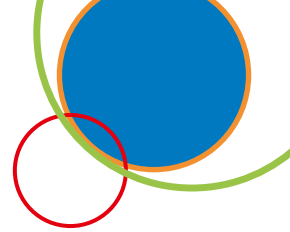
Information and Counseling for DKFZ members suffering from cancer and their family members

- Individual advice at the NCT
- Individual cancer information from the Cancer Information Service (KID)
- Appropriate diet
- Targeted exercise
- Psycho-oncology
- Advice for families
- Social services
- Advice on self-help groups
- NCT-guide (NCT-Lotse)



“The person who is too busy to look after his health is like a craftsman who has no time to maintain his tools.”

Spanish saying



Internal Integration Management (BEM)

- Support in returning to work after a long absence due to incapacity
- Support in preventing a further incapacity for work

Mental Health

- Mental health initiative
- Internal & external consulting services
- Psychological Risk Assessment (psychische Gefährdungsbeurteilung)

Relaxation & Exercise

- Active and Relaxed Break
- Back Fit Training
- Discounts at various fitness centers *
- Pedometer
- Course offerings (e.g. Pilates, Yoga, ...)
- Running groups and courses
- Sports Program of the University of Heidelberg
- Sports Program of the Heidelberg University Hospital "Fit im Klinikum"
- Swimming

*** You can profit from special conditions at:**

- [Unternehmensgruppe Pfitzenmeier](#)
- [Kieser Training](#)
- [YOGA bliss & Pilates Studio Heidelberg](#)

Safety

- Work place analysis (also in co-operation with the Staff Medical Service)
- Individual advice on health and safety issues by arrangement
- Safety seminars (e.g. hygiene at work and infection protection, emergencies at the lab)
- First aid courses (Johanniter-Hilfsdienst) and basic firefighter training (fire service)

Smoke-free DKFZ & Offers to Quit Smoking

Besides the policy regarding smoking at the DKFZ, the BGM has put together a broad offer to support you to become a non-smoker. Please, inform yourself on the intranet about the various possibilities.

Staff Medical Service

- Occupational health examinations
- Vaccination advice and vaccine protection
- Workplace tours (also in co-operation with Safety Unit)
- Consulting regarding protection of working mothers
- Emergencies

More information about all the services offered can be found on the **DKFZ aktiv!** intranet page [My workplace > Health > Health offers at the DKFZ](#). It is updated regularly, so it's well worth having a look every now and then!

DKFZ aktiv! – Your Contacts from A-Z

BGM Coordinator

Gabriele Schulze-König
Phone: 1764 / 1769, aktiv@dkfz.de

Advanced Training

training@dkfz.de
Telefon: 1234

Consulting / Coaching

Please see the intranet for the various internal and external contact persons and their individual contacts.

Equal Opportunities Commissioner

Dr. Amy Danson / Dr. Ruth Herzog
Phone: 3030
equality@dkfz.de
a.danson@dkfz.de / r.herzog@dkfz.de

Human Resources / Internal Integration Management (BEM)

Bettina Crispin
Phone: 2760, b.crispin@dkfz.de

Representative for severely handicapped persons

Sibylle Szabowski
Phone: 2781 / 4405, s.szabowski@dkfz.de

Safety

Annekathrin Kollenda
Phone: 2864, a.kollenda@dkfz.de

Staff Council

Rolf Schmitt
Phone: 4518 / 2798, personalrat@dkfz.de, r.schmitt@dkfz.de

Staff Medical Services

PD Dr. med. Michael Dietz as well as his colleagues
Phone: 2488, Room H2.00.019 (main building)
betriebsaerztlicher.dienst@dkfz.de

DKFZ aktiv!, the Corporate Health Management Program (BGM) of the DKFZ, receives external support from strong partners with many years of experience in the field of health promotion and prevention:

Institute for Sports and Sports Science (ISSW) at Heidelberg University

Heidelberger Institut für Gesundheitsmanagement GmbH (HIG)

Kern Medical Engineering GmbH (KME)

various health insurance companies

dkfz.

GERMAN
CANCER RESEARCH CENTER
IN THE HELMHOLTZ ASSOCIATION



Research for a Life without Cancer