

HSBC Well-being Week

Aiming to create a “healthy culture” in HSBC, Quality HealthCare organized a comprehensive health programme for the company in October 2007. The programme, referred as “HSBC Well-being Week”, consisted of two events—Health Fair and Health Talks.

The Health Fair was held on 8 October in which participants had the chance to know more about their health conditions. In this meaningful event, our registered nurse measured participants’ blood pressure, blood glucose and cholesterol. HSBC staff also received medical advice from Traditional Chinese Medical Practitioner and Physiotherapist through pulse judging and spinal assessment respectively.

To consolidate HSBC staffs’ knowledge on various health issues, Health Talks were held during 9 to 12 October. The lectures covered extensive topics including traditional Chinese Medicine, eye care, eating healthy as well as neck and back care for office people.

This event has undoubtedly acted as the first step in building a “healthy culture” in the HSBC.



HSBC staff having consultation with the Traditional Chinese Medicine Practitioner



Leaflets related to different health topics were distributed



The venue was decorated with green color symbolizing energetic and healthy