

# REPORT 2023

ON THE ACTIVITIES  
OF THE MEDICOVER  
FOUNDATION



**MEDICOVER**  
FOUNDATION

*Supporting Communities,  
since 2007*

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Looking back, I am filled with gratitude for all that we've achieved together. The Medicover community is engaged in numerous critical medical initiatives.

The Medicover Foundation's programmes have grown, addressing significant health challenges to serve not just the regions where Medicover operates but also reaching out to communities far beyond. Initiatives such as FitSchool and ESMS are extending the Foundation's reach across Poland, while Solutions for Community in Romania has benefitted over 100,000 people.

Moreover, our ongoing support for Ukraine remains crucial. The Repower programme, which aids in the mental and physical recovery of battlefield medics, is especially close to our hearts.

Thanks to this programme, these medics can continue their heroic work of saving lives on the front lines. We owe them our deepest respect and gratitude for their unwavering commitment and bravery.



**Fredrik Rågmark**

CEO,  
Medicover

It has been inspiring to watch the FitSchool programme, launched in 2022, grow rapidly, now reaching over 500 primary schools across Poland and involving over 71,000 students in a new approach to physical education.

FitSchool represents the core values of the Medicover Foundation by setting positive examples, engaging children in healthy activities, developing innovative programs for schools, and fostering collaboration with local authorities.

At the heart of the Foundation are its volunteers – the dedicated employees of Medicover – who bring boundless energy and commitment to each project. I am deeply grateful for their enthusiasm and positive spirit, which inspire everyone around them. Thank you for being the catalyst for change.



**John Stubbington**

COO, Healthcare Services,  
Medicover

Combining scientific knowledge with real-world experience, the Medicover Foundation is creating innovative tools to combat childhood lifestyle diseases.

The PoZdro! programme, which focused on preventing obesity and type 2 diabetes, was a significant milestone that paved the way for the development of the Electronic System for School-based Medical Services (ESMS). This initiative has established the Medicover Foundation as a leader in school health screening and technology-driven solutions.

We look ahead with excitement at the opportunities to share our expertise with the medical and educational communities to improve early detection and prevention of lifestyle diseases facing children. We are eager to support efforts that can make a significant difference in the health outcomes of people of all ages.



**Richard Sands**

Group Strategy Advisor,  
Medicover

Asociația Medicover, the branch of the Medicover Foundation in Romania, has made remarkable progress thanks to the commitment of our volunteers, experts, and specialists. In 2023, we celebrated the successful conclusion of inCerc, a comprehensive 7-year programme aimed at preventing overweight, obesity, and type 2 diabetes in schoolchildren in two Romanian cities.

Our goal is to empower children to lead active, healthy lives through programmes like FitSchool, which is gaining traction in schools in Romania. We are committed to expanding our partnerships and reaching communities in the most remote areas of Romania.

Our goal is to go wherever our support is most needed and make a positive impact. Together, we can create a healthier future for our children and communities.



**George Istrate**

General Manager,  
Asociația Medicover

The Medicover Foundation has been a driving force in creating and operating large-scale public health programs for many years, focusing on the needs of children, families, and adults. Innovation is at our core, with the creation of interactive IT tools for local governments and schools that extend our impact beyond Poland.

Our FitSchool programme is reshaping the way early education incorporates physical activity, while the ESMS programme has made us experts in modern student health screening. Despite our focus on innovation, we never forget the social needs in our communities.

The dedication, knowledge, and passion of our volunteers are the true backbone of our organization, ensuring that we always remain grounded in our mission. Thank you for your ongoing support – it is vital to our work and success.



**Marcin Radziwiłł**

President of the Board,  
The Medicover Foundation

For years, we have partnered with the Medicover Foundation to support those in need, providing free laboratory tests at Synevo for both children and adults. In Poland, we offer ongoing diagnostic care to infants from the Pre-Adoption Intervention Center in Otwock and to people experiencing homelessness at the 'We Are Hope' Association's clinic in Warsaw.

Additionally, our team volunteers at orphanages and other community-focused initiatives. Our collaboration with Asociația Medicover, the Romanian branch of the Medicover Foundation, is a significant part of our commitment. For six years running, Synevo Romania has sponsored the 'Autism24h' ultramarathon along the Black Sea to raise funds for children with autism. We also support a project to create recreational rooms in rural schools, giving young students a space to read, paint, play music, and explore their creativity.

We believe that together we can make a greater impact. Join us as we continue to contribute to our communities and help those in need.



**Staffan Ternström**

COO, Diagnostic Services,  
Medicover



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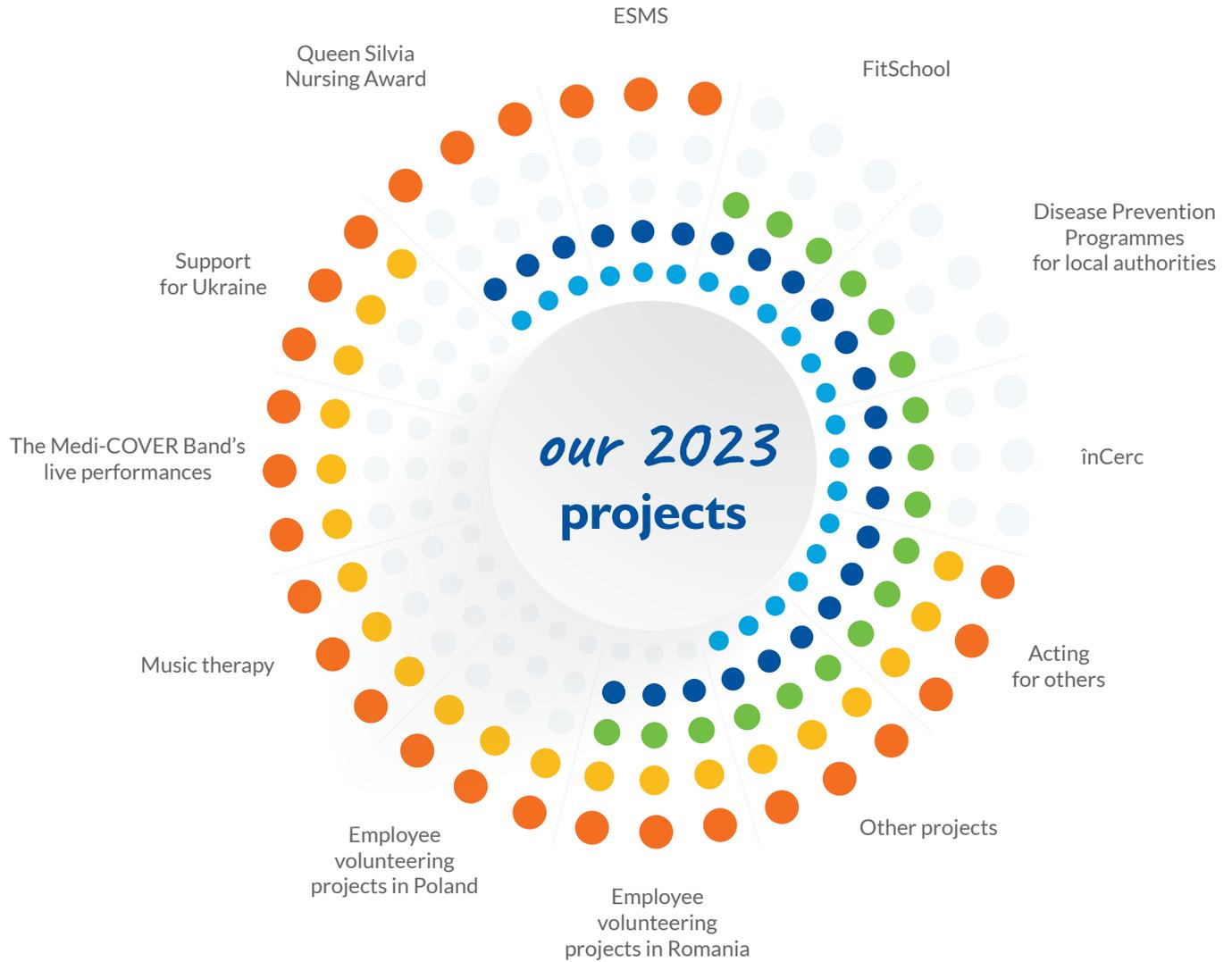
MEDICOVER  
ASOCIAȚIA



synevo

**TOGETHER**  
**WE CAN ACHIEVE**  
**MORE**

# The Medicover Foundation's project areas



At the bottom of the pages of this Report you will find letters which will show what areas a given project represents.



## HELPING OTHERS

Organisational, in-kind, and financial support



## VOLUNTEERING

Employee involvement: Medicover companies, Synevo, and partner companies



## SPORTS

Organisation and participation in sporting events



## DISEASE PREVENTION

Health screening and promotion of a healthy lifestyle



## EDUCATION

Dissemination of knowledge and best practices, exchange of experience

# About the Medcover Foundation

The Medcover Foundation is a Public Benefit Organisation (PBO), established by Medcover in 2007 to pursue its social mission in the field of health. We help those in need by organising charity volunteer activities carried out by the employees of Medcover and Synevo. The Foundation's operations are based on Medcover's global experience and knowledge in medicine and public health.

The Foundation focuses on **lifestyle disease prevention programmes** based on scientific evidence and individual work with patients carried out by a team of specialists. Diverse and tailored to the target groups (children, adults, families, seniors and people with disabilities), our projects contribute to improving health and quality of life, as well as promoting healthy habits.

Innovative digital tools developed by the Foundation for schools, teachers and school nurses support children's health through more efficient diagnosis and increased levels of physical activity among schoolchildren.

## Our mission



We promote a healthy future for children through education and disease prevention. We believe in developing health-conscious generations of individuals who take care of their own health.



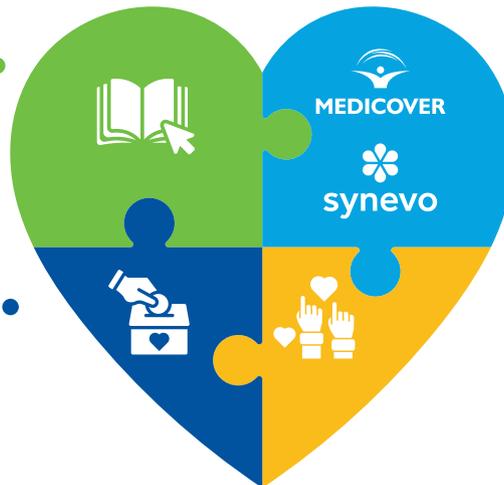
Part of the Medcover Foundation is **Asociația Medcover (the Medcover Association)**, our charity in Romania. Established in 2016 in the spirit of social responsibility, it draws on the experience of the Foundation. Initiatives undertaken by the Association are inspired by the Medcover Foundation's projects and adhere to similar methodologies and standards. The Association also develops its own projects. Together, we work as one organisation operating in Poland, Romania and internationally.

## How do we deliver support?

*We know that effective support must be comprehensive*

We train and educate people, we provide educational materials

We carry out fundraising campaigns



We share the resources of Medcover and Synevo

We organise volunteering projects

## 2023 in Numbers

**100** projects

over **550** volunteers

over **100** days  
(i.e. 2,735 hours) of volunteer work in Poland

**3** countries where projects are implemented on an ongoing basis

Poland 
 Romania 
 Ukraine

more than **110K** children have benefitted from our projects

# Support for Ukraine



The Medcover Foundation is actively involved in the international Repower project, which helps Ukrainian military medics, civilian evacuation experts and medical care specialists to recover from the trauma of war. The aim is to strengthen these heroes psychologically - counteracting post-traumatic stress syndrome, restoring their strength and motivating them to continue their service.

The Repower project includes:

- Psychological support sessions
- Physical and mental recovery
- Meetings with military medics
- Cultural programme
- Official meetings and events
- Community building



Ukraine has been at war for more than two years. In the harshest of conditions, on the front line where fighting is constant, military medics are working heroically to treat the wounded and save lives.

*Watch the Repower project video*





**As part of the second edition of the project, the Medcover Foundation, Repower's local partner in Poland, organised the participants' stay in Warsaw on their way to Sweden. We will continue to participate in the Repower project and are pleased to see this valuable initiative grow and meet a very important need.**

In Sweden, a group of **82 medics** took part in therapy sessions for post-traumatic stress disorder, as well as recreational and cultural activities. The medics visited local museums and attended a meeting with Sweden's foreign and defence ministers.

“ We wholeheartedly support Repower, an extremely important programme. We are honoured to support the Repower team. Their commitment is a testament to the selfless support of these exceptional Ukrainian military medics and volunteers – they are all heroes. We wish them the strength and courage to continue to serve the Ukrainian military and the citizens of their country.



**Marcin Radziwiłł**  
President of the Board,  
The Medcover Foundation

“ I realised that support for Ukraine and Ukrainians abroad is even greater than I had previously imagined.



**Taras Shevczuk**  
Repower,  
Head of medical services



**Krym**  
Repower project  
participant

“ I felt there was still something to fight for, and people worth fighting for.



Before the journey, I thought I was radiating constant pain, a sense of loss and fatigue. During the trip, I began to breathe deeply, and I gradually learned to notice the beautiful things around me.

Every day of my stay was unique and full of positive experiences and events – but if I had to choose some special moments, the highlights for me were the performance of the Swedish students and the boat trip in Warsaw.



**Maryna Kuprykova**  
Repower project participant



From the very first experience of our cooperation, we realised that the Medcover Foundation is a trustworthy partner in every respect. You were deeply involved in the process of organising the project, gave your valuable time to our participants and showed a sincere interest in their personal experiences and the pain they went through while rescuing people on the front line.

The Medcover Foundation is an example of a smart partner that understands the power of networking and can connect those in need with the right people or companies – to the benefit of both parties. Thank you for your strategic questions and decisions!

**Poland was a very important place on our challenging journey from the horror of the front line to peaceful Stockholm. You filled this journey with emotion and the realisation that Ukraine can be rebuilt very quickly, as shown by a great example – the city of Warsaw!**



**Dariya Kulynych**  
Repower,  
Head of Communications

# Find out more...



## Facebook

If you wish to stay in touch with us and are curious about what we have been up to, please visit our fanpage, [@FoundationMedicover](#) (in Polish), where we post information about our initiatives and invitations to webinars with interesting experts, and share the latest knowledge about health. The fanpage also features photos and videos of our campaigns and announcements of upcoming events.

Don't miss our new Facebook space either - we would appreciate your 'like' for our [@FitSchool](#) (in Polish) profile! FitSchool is about health, education and innovation rolled into one programme which gives schools access to PE lessons with a virtual coach.

Also, keep an eye on the [@QueenSilviaNursingAward](#) profile for up-to-date news on QSNA events.



## Instagram

Have you visited the Foundation's Instagram accounts yet? If not, it's time to catch up! Please visit: [fundacja\\_medicover](#) and [\\_fit\\_school](#) (in Polish).

To find out what's new in the Queen Silvia Nursing Award, go to the following profile: [qsnainternational](#).



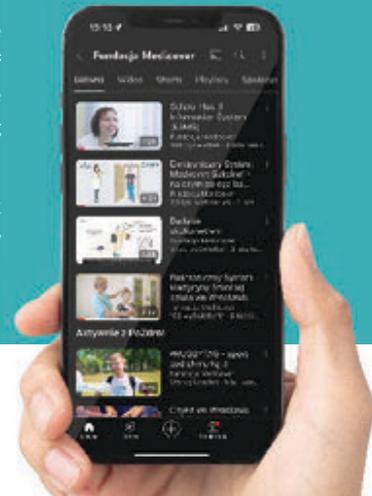
## YouTube

The Medicover Foundation's YT channel (in Polish) is packed with videos of engaging workouts for the whole family, motivating stories from the Foundation's health programme participants, and materials about the Foundation's disease prevention, sports or social projects.

On our channel's **Intro to Health** section, you will discover funny, inspiring animations about healthy lifestyles that will appeal to children and youth. And on the Queen Silvia Nursing Award channel you will watch the ceremony in Stockholm attended by Queen Silvia of Sweden and the announcement of the QSNA's Scholars.

The **QSNA channel** includes beautiful videos from the Finals of the competition, engaging speeches by members of the Jury and presentations by the Scholars and Finalists of several editions of the Queen Silvia Nursing Award (QSNA).

Also, please check out our brand new **FitSchool channel** on YT (in Polish).



## Website

Go to [www.fundacjamedicover.pl](#) (in Polish), check out what we do and get to know our team! The website has special sections dedicated to the Electronic School-based Medicine System (ESMS) - an innovative IT solution for school nurses, and overweight/obesity prevention programmes for children, which we implement with local authorities.

The Reports on the website will show you our activities implemented in previous years. Information about our projects is also included in the [www.medicover.pl/en](#) website, in the 'About us' section.

With the start of a new project, FitSchool, we have launched the website [www.fitschool.pl/en](#) for early education teachers. The website is a resource with a wide range of workouts for pre-school children, short exercises for breaks between lessons, and certified training courses for teachers.

We also invite you to visit [www.queensilvianursingaward.com](#).



# Innovative programmes for local authorities and schools



Our programmes and digital tools are effective in tackling overweight, obesity and type 2 diabetes. They are versatile, scalable and adaptable to local conditions. We provide expert knowledge as well as implementation and delivery support.

- ✓ **The Electronic System for School-based Medical Services (ESMS):** – modern health screening for school children
- ✓ **FitSchool** – ready-to-use PE lessons and ‘brain breaks’ with a virtual trainer
- ✓ **Disease Prevention Programmes (DPPs)** – model solutions for local authorities
- ✓ **Multimedia classes** – engaging **educational videos** for children on how to live a healthy lifestyle

Go to:

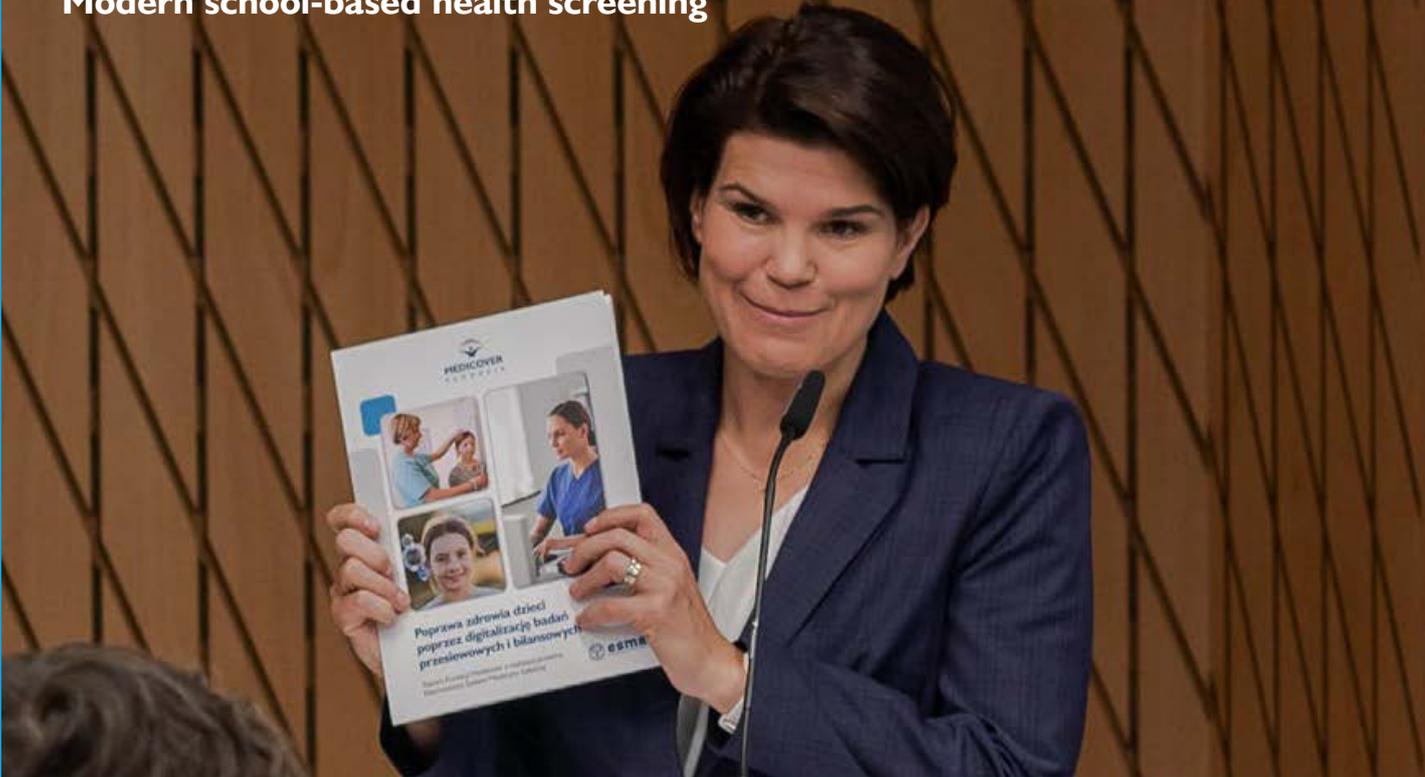
[ESMS](#)[FitSchool](#)[DPP](#)[Multimedia classes](#)

*Learn more*



# ESMS

## Electronic System for School-based Medical Services (ESMS) Modern school-based health screening



The ESMS is an IT tool developed to enable school nurses to implement disease prevention and health status checks as well as screening of children and adolescents in primary and secondary schools.



In-depth diagnosis of developmental disorders and lifestyle diseases



Clear feedback to parents about their child's health status on their Health Status Report



Support for school-based health education

The ESMS project in 2023:



**97** nurses



**97** schools



**9** local authorities

Visit the ESMS website

[www.fundacjamedicover.pl/esms](http://www.fundacjamedicover.pl/esms) (in Polish)



**esms**  
Elektroniczny System Medycyny Szkolnej

Learn more

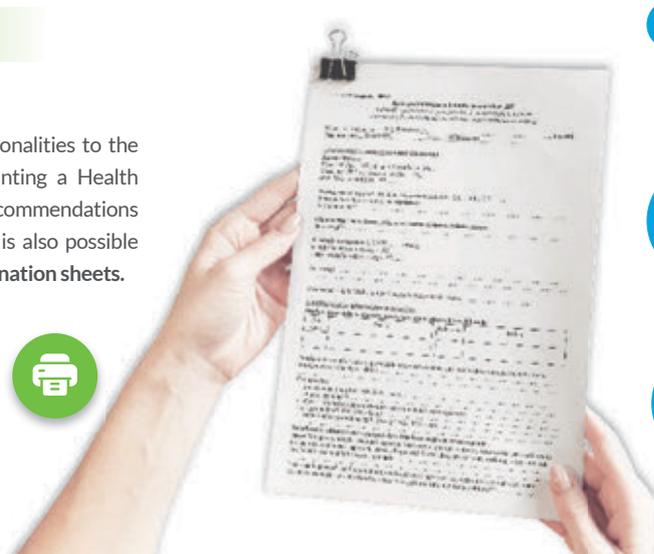


## Electronic System for School-based Medical Services

### New features of the ESMS tool

In 2023, we added more functionalities to the ESMS. Now, in addition to printing a Health Status Report featuring recommendations and educational information, it is also possible to print out standardised examination sheets.

*Print-out of standard disease prevention examination sheets for students in grades 3, 5, and 7 of primary schools*



Statistical data for the ESMS project (until end of 2023):

**64 913** children screened

**192** nurses applying the ESMS



### ESMS Health Status Report

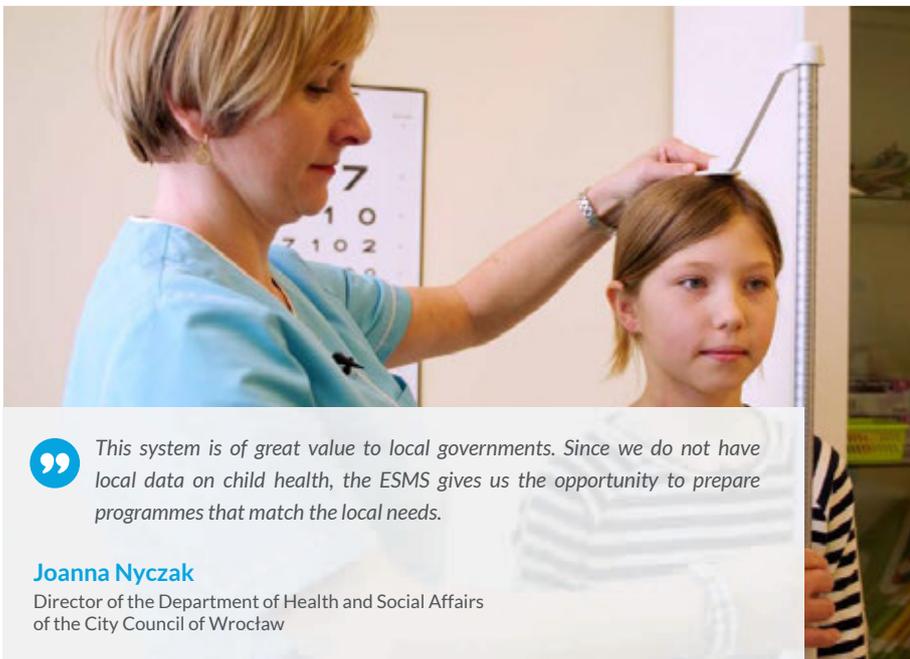
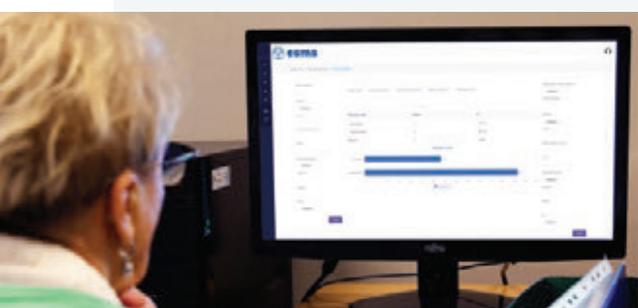
“ The ESMS Health Status Report printed from the system is clear and in full colour. It includes recommendations and interpretations of the results. I find it very easy to read. The second page of the Report presents the principles of healthy nutrition and a healthy lifestyle.

**Justyna Mielniczuk**  
Mother of a student from Wrocław



“ The use of computers streamlines the nurse's work. This is how it should be in the 21st century.

**Anna Herbinger**  
School nurse from a primary school in Wrocław, Vita Medis



“ This system is of great value to local governments. Since we do not have local data on child health, the ESMS gives us the opportunity to prepare programmes that match the local needs.

**Joanna Nyczak**  
Director of the Department of Health and Social Affairs of the City Council of Wrocław



# The Medicover Foundation's expert knowledge on school-based medical services



## Debate on the need to digitise school-based medical services and screening



On 27 September 2023, a debate was held in Warsaw on the need to digitise school medicine and screening in order to improve the detection of developmental disorders and lifestyle diseases in children and adolescents.

The debate, organised by the Medicover Foundation, was attended by representatives of Polish central and local government bodies and institutions involved in children's disease prevention. Based on the example of the Medicover Foundation's original IT tool for health screening, the Electronic System for School-based Medical Services (ESMS), the speakers discussed the current needs and benefits resulting from the digitalisation of school surgeries and health checks.

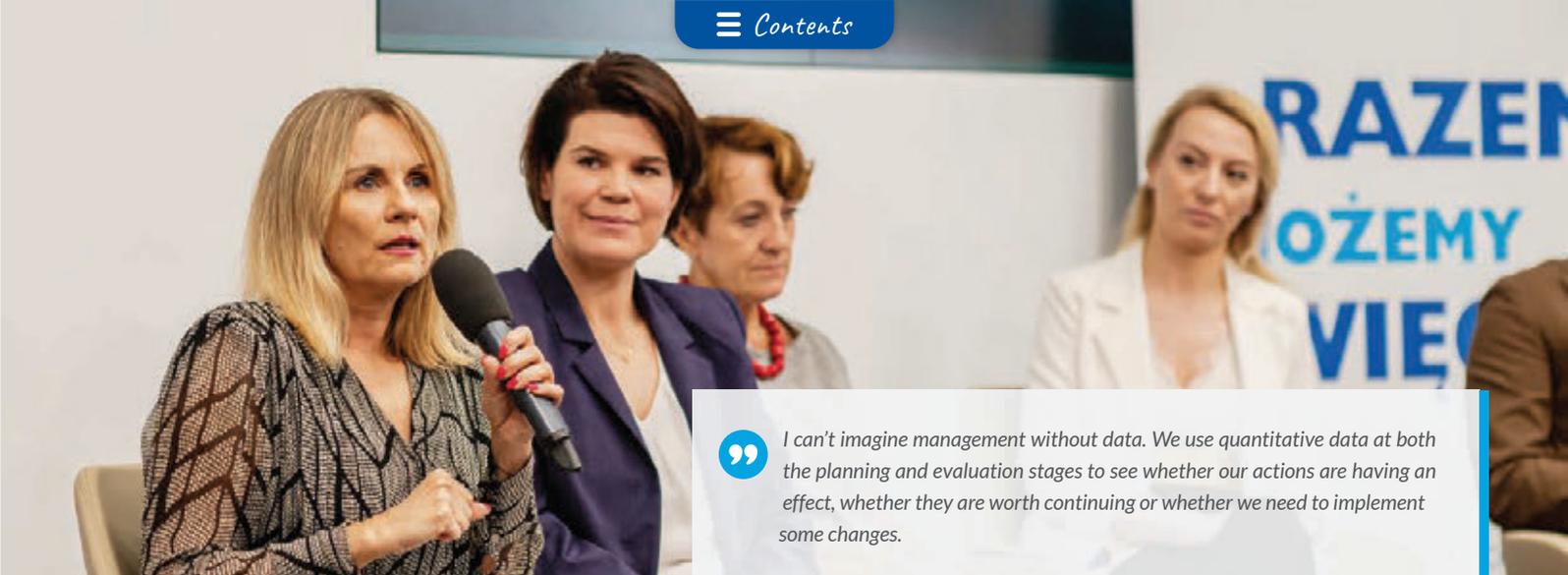
The debate was accompanied by the **publication of the Medicover Foundation's report 'Improving Children's Health through Digitisation of Screening and Health Status Examinations'.** The report summarises the experience and lessons learned from 10 years of work with school nurses and local authorities during the implementation of the ESMS project.



## The event was attended by many experts in the field, including:

- **Dr. Małgorzata Gałązka-Sobotka**, Deputy Chairwoman of the Council of the National Health Fund
- **Jacek Cieplak**, Vice-President of Pracodawcy RP employers' organisation
- **Jolanta Herbuś**, Main Council of Nurses and Midwives
- **Joanna Nyczak**, Director, Department of Health and Social Affairs, City of Wrocław
- **Karolina Kryszkiewicz**, the Medicover Foundation
- **Dr. Piotr Samel-Kowalik**, Epidemiologist, Warsaw Medical University
- **Alicja Kraszkiwicz**, Institute of Mother and Child
- **Andrzej Sarnowski**, Deputy Director, E-Health Centre
- The debate was moderated by **Paweł Łangowski**, Public Affairs Director, Medicover





I can't imagine management without data. We use quantitative data at both the planning and evaluation stages to see whether our actions are having an effect, whether they are worth continuing or whether we need to implement some changes.



**Joanna Nyczak**

Director of the Department of Health and Social Affairs,  
City of Wrocław



**Watch a video of the debate**

in Polish



For the sake of the future of future generations, their opportunities, and their better health as they enter adulthood, we should equip school-based healthcare with modern tools and sync it with the modern healthcare system.

This project is, in my opinion, one of the most valuable initiatives in the Polish healthcare system for children and adolescents. When I was first introduced to the concept of the ESMS many years ago, I said that my dream was to see it implemented throughout the country as a systemic solution.



**Dr. Małgorzata Gałązka-Sobotka**

Deputy Chairwoman of the Council of the National Health Fund



When the nurse has access to a digitised system and comprehensive data on the child's health, s/he can provide better care. There is evidence that good school-based healthcare can reduce hospital admissions and outpatient visits by up to 40 per cent.



**Dr. Piotr Samel-Kowalik**

Epidemiologist, Warsaw Medical University



School nurses have high hopes for IT and digitalisation. Our field has been one of the few left out of this process, and we see many benefits from a wider use of IT tools. We hope this and similar solutions will encourage new nurses, digital natives, to enter the profession.



**Jolanta Herbuś**

Main Council of Nurses and Midwives



# FITSCHOOL

Ready-to-use and free-of-charge PE class material for children from primary school grades 0 to 3. Innovative exercise programme developed by doctors and physiotherapists



FitSchool is a simple tool with a dedicated online platform where the teacher selects a training video and the students exercise by mimicking the movements of the virtual trainer.



Addresses the urgent need to increase exercise levels among young children



Strengthens students' health potential



Supports the teacher without replacing him/her



Makes use of new technologies that engage children



Visit FitSchool's website and FB page



[www.fitschool.pl/en](http://www.fitschool.pl/en)



Learn more



## Ready-to-use and free PE class plans



[www.fitschool.pl/en](http://www.fitschool.pl/en)

We took up the challenge of encouraging students to be physically active and developed the FitSchool programme. Regular exercise improves cardiorespiratory fitness and is key to preventing lifestyle diseases.



The theoretical and practical objectives of the programme were developed by experienced experts: physiotherapists, doctors, academic teachers, members of the Polish Society for Health Programmes, authors of physical education curricula and award-winning health programmes, professional athletes.

The main goal of the FitSchool programme is to improve children's cardiorespiratory fitness and reduce the risk of developing lifestyle diseases in children and future generations.

### The Programme's three pillars are:



**Health**



**Education**



**Innovation**



3-minute workout during lessons



*I am delighted that programmes like FitSchool exist to encourage children to be physically active. The early years of school are a very important time. And since lifestyle patterns start in early childhood and continue throughout life, it is crucial to establish healthy habits at an early age.*

*The most important thing for us is not to train professional athletes, but to give all children the opportunity to find joy in exercise and in introducing good habits and healthy passions that will stay with them forever.*



**Carolina Klüft**

Heptathlon multiple medallist,  
2004 Athens Olympic champion

**Honorary patronage:**



Ministerstwo Sportu i Turystyki



OŚRODEK ROZWOJU EDUKACJI



FitSchool introduces a new quality for PE lessons in primary schools (grades 0-3) through its attractive format. It also supports and develops teachers in physical education



## FitSchool 2023:

 **530** schools

 **750** teachers

 **over 71 500** students

 **almost 12 000** views of FitSchool videos

FitSchool is a combination of ICT (*information and communication technology*) and multimedia (*video, animation, and music*) aimed at creating engaging exercises and health education content for primary school children.

**Are you a teacher?  
Join the Programme now**



### The platform for teachers consists of:

**30'** 30-minute exercise sessions for students

**3'** 3-minute workouts to be implemented during classes ('brain breaks')

 A broad range of certified training courses for teachers

 I am very happy to see a tool like the FitSchool platform available. Especially in this difficult time after the COVID-19 pandemic, children need the exercise they love so much. Any initiative to improve the health of children, both physical and mental, is worth its weight in gold!



**Agnieszka Prusińska**

Physiotherapist with many years of experience working with Polish premier league footballers and other professional athletes

 The programme is a great initiative that meets the current needs of schools where multimedia technology is widespread. FitSchool is a versatile platform that supports teachers and activates students.

Through its personalised approach, it adapts to students' abilities. It is an excellent tool for highlighting students' strengths and motivating them to go further. It combines practice and theory, inviting professionals and enthusiasts to create a new quality of education with a smile and positive energy. And we're only getting started!



**Prof. Dorota Groffik**

Academy of Physical Education in Katowice

# Disease Prevention Programmes

Effective prevention of overweight, obesity and lifestyle diseases among children and adults



Since 2013, we have been running nationwide disease prevention programmes and education projects. We work with local governments across Poland to implement DPPs. These include:

- ✓ DPPs in Gdynia, Gdańsk and Lublin
- ✓ înCerc – type 2 diabetes prevention programme targeting children in Romania

## The programs are **free** for participants

“ We are proud to present the results of the Medicover Foundation’s Disease Prevention Programmes implemented in 2023. Our activities are based on an innovative approach that takes into account the latest scientific research in order to create an environment conducive to health and disease prevention.

Diagnosis, education, intervention – this is our comprehensive model, which takes the form of specialist support leading to systematic evaluation and conclusions. We believe that this holistic approach to prevention programmes is the key to success, laying the foundation for a physically fit and active society. In the modern world, we are confronted not only with modern solutions and opportunities, but also with new threats.

Polish children are already gaining weight at one of the fastest rates in Europe, and the next generation of young people faces significant challenges to their learning and healthy development. It is overwhelmingly a healthy lifestyle that can protect the body from lifestyle diseases or infections with new viruses.



**Agnieszka Skowrońska**  
Manager of Health Programmes

Following a successful tender, in September 2023 we started implementing the next, fourth edition of the

## Health Policy Programme for the Prevention and Treatment of Overweight and Obesity in the Youth Population in the Municipality of Gdynia (Project continuation for 2023 - 2024).

The new installment of the project is funded by the Municipality of Gdynia and the accompanying events are co-financed by the United Nations Children's Fund (UNICEF).



 [Joining the Programme /in Polish](#)

### Who are the beneficiaries?

- Primary school pupils living in the municipality of Gdynia with identified risk factors for developing lifestyle diseases
- Children who are overweight or obese, with a BMI percentile index  $\geq 90$
- Parents and guardians



**In the Spring we ran 5 healthy lifestyle events.** We organised health awareness meetings in primary schools in Gdynia and an active children's day at the National Rugby Stadium in Gdynia.

During the events, children and their parents completed nutrition-related tasks and quizzes, took part in sports activities, and had the opportunity to check their weight and body composition on a bio-impedance scale.

The results were consulted with the dieticians present at the events. The project coordinator at each event discussed the principles and plan of the project with prospective participants and encouraged them to sign up.

### By the end of 2023:

 **85** children benefited from laboratory tests

 **2 of 6** scheduled meetings with 4 experts

- doctor
- dietician
- trainer
- psychologist

 **5** events in schools across Gdynia

- Quizzes on nutrition
- Sports challenges
- Body measurement on a bioimpedance scale
- Dietary advice

There are four more intervention meetings ahead of us, plus lots of knowledge and fun in the webinars and nutrition workshops. The project's participants will also get plenty of healthy exercise in a variety of sports.

# Lublin



is a health policy programme promoting:

- healthy diets
- exercise
- lifestyle disease prevention
- healthy nutrition education

Programme website /in Polish



## Who are the beneficiaries?

- students in grades 1-3 from primary schools in Lublin
- their parents and guardians
- teachers
- school canteen and kitchen staff
- school management / headmasters



## Eat Smart ('Jedz z Głową') 2023

### Health screening - phase I

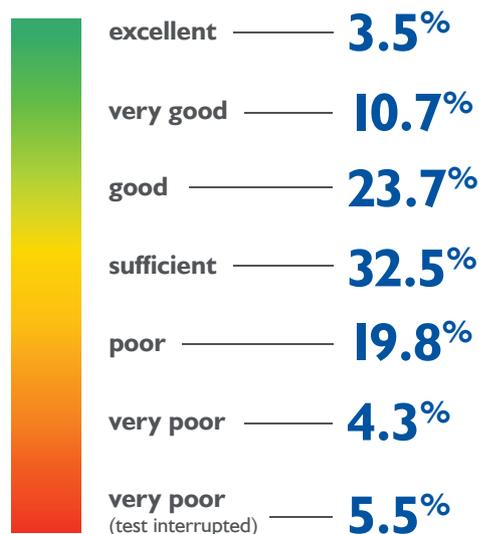
**1572** students screened

### Weight:

**10.8%** overweight

**5.1%** obesity

### Physical fitness level:



## Classes with nutritionist, psychologist, sports coach for children and their parents

**1904** schoolchildren took part in sports classes, some using materials from the FitSchool platform

**2200** participants of on-site workshops



## Participant feedback:

“ We are very happy that we can participate in the Medcover Foundation's programmes: in our case, it is not only Eat Smart, but also a pilot of the FitSchool project. We are open to your further initiatives and eager to participate.  
**Małgorzata Bielecka, Headmistress of Primary School No. 39**

“ Nutritional advice, great ideas on how to spend time with your child while teaching them how to eat better: this is all very useful knowledge that I took away from the workshop. **Mother of Krzysz (3rd grade), Primary School No. 16**

“ The children are delighted, and the teachers have learnt new ways to design and run classes so that they are both interesting and effective. **A. Kucała, Psychologist, Primary School No. 33**

## The Gdańsk Diabetes Prevention Programme

is a health initiative to aid in the prevention of type 2 diabetes.

Implementation period: July 2019 – September 2023

### Who are the beneficiaries?

- adults of working age



### Participant feedback:

- “ I have no complaints; I am very happy. Cool webinars, even my 13-year-old son enjoyed them. Thank you!!!!
- “ I have a very positive impression. During the programme I found out that I had high blood pressure and the first symptoms of sciatica, so I was able to start treatment in time.
- “ I am very happy with my participation in the programme. My aim was to change my habits to healthier ones, and I have lost 20 kilos. My blood count is much better now, and I feel great.
- “ I have lost 14 kilos. I would like to continue with the programme.

“ The Gdańsk Diabetes Prevention Programme is an innovative project aimed at improving overall health and preventing type 2 diabetes among the residents of Gdańsk. Thanks to the excellent cooperation between the Gdańsk Centre for Health Promotion and Addiction Prevention and the Medicover Foundation, this programme has been very successful in reducing the incidence of diabetes among the residents of Gdańsk. The pursuit of comprehensive health care in diabetes prevention has yielded concrete results: **almost 50% of the programme's participants have reversed their pre-diabetes and completed the programme with a 'healthy' status, thanks to our joint efforts.**

The programme, which has been running for almost four years, is an excellent example of effective collaboration to provide residents with comprehensive and modern diabetes prevention care. Thanks to this initiative, several thousand residents of Gdańsk have not only been given the opportunity for early detection of the disease, but also for effective prevention, which can be crucial for their future health. This is a very positive result that demonstrates the effectiveness of our joint efforts. Thank you for your cooperation.

#### Grażyna Cieślak

Project Coordinator, the Gdańsk Centre for Health Promotion and Addiction Prevention

Implementing entity:



Gdański Ośrodek Promocji Zdrowia i Profilaktyki Uzależnień



Gdańsk

### Number of tests performed:

**OGTT and glycaemia** (preliminary + final)

**3346**

### Total consultation sessions

during the programme

Number of appointments:

Doctor

**1577**

Nurse

**1577**

Physiotherapist

**2357**

Dietician

**2357**

### Educational programme

Persons qualified **871**

Graduates of the full programme (12-month-long support) **706**

**341** people out of 706 (48%)

completed the programme and were evaluated as **HEALTHY**

150 pre-diabetics (21%) improved their health status compared to before the start of the programme.



” In the spirit of heartfelt gratitude, now at the end of implementation of our impactful and life-changing program, **inCerc**, we extend our sincerest appreciation to the remarkable individuals who have dedicated their time, expertise, and passion to the success of our diabetes prevention and lifestyle project for children. To the specialists, receptionists, (local) coordinators and staff from medical clinics, your unwavering commitment and tireless efforts have been instrumental in bringing about positive change and fostering healthier lifestyles among our youth.

We are also profoundly grateful for the invaluable contributions of the nutritionists, children, teachers and local authorities who have wholeheartedly embraced our vision and played pivotal roles in the implementation of our nutrition workshops project, **Nutrition for SuperHeroes**. Your enthusiasm and dedication have empowered countless individuals (children and adults) to make informed choices about nutrition and lead healthier lives.

Above all, we express our deepest appreciation to the true heroes of our endeavours—the children and their families—who have embraced our programs with open hearts and minds. Your courage, resilience, and willingness to embrace change inspires us every day, reminding us of the profound impact that collective action can have on shaping a healthier, more compassionate world.

We are also thrilled to welcome the launch of our new online platform dedicated to teachers and their students: **FitSchool** – an innovative resource designed to promote sports and physical activity during classes. This platform will serve as a dynamic hub for educators to access a wealth of resources, interactive tools aimed at integrating movement and exercise seamlessly into the school day. Through this platform, we aim to inspire a new generation of active learners and foster a culture of wellness and vitality in schools across our community.

As we reflect on the incredible journey we have embarked upon together, we are humbled by the collective strength and resolute commitment of our community. Your partnership and steadfast support have been the driving force behind our shared success, and for that, we offer our deepest gratitude. Together, we have made a difference, and together, we will continue to strive for a brighter, healthier future for all our partners and beneficiaries.



**George Istrate**

General Manager,  
Asociația Medicover



### RESURSE PENTRU FAPTE BUNE



7 years of discoveries, teamwork in two major cities (Cluj-Napoca and Ploiești), full of perseverance, help from specialists, special events, 7 years about prevention and change for the better, all for a healthy lifestyle for today's children and tomorrow's adults.

Schools

## The 7 years of the înCerc programme in numbers

**78** participating schools

**392** teaching professionals involved in the programme

Care

**40** specialists supporting the students

**20 498** counselling sessions with specialists

**46** special events dedicated to the înCerc beneficiaries (sport and educational workshops)

Participants

**8211** children evaluated in these two cities

**1060** children taking part in the înCerc special events

**590** children completed the programme



## 11 partners offering their support:

- The Cluj County School Inspectorate
- The Prahova County School Inspectorate
- The Ministry of Health
- The Ministry of Education
- Cluj-Napoca City Hall
- Ploiești City Hall
- The Romanian Federation of Diabetes Nutrition and Metabolic Diseases
- The Romanian Society of Diabetes Nutrition and Metabolic Diseases
- The Romanian Association for the Study of Obesity
- Medicover
- Synevo

## 7 years of continuous participation in medical science events on a national level:

The Congresses of the Romanian Federation of Diabetes, Nutrition and Metabolic Diseases, Congresses of the Romanian Society of Diabetes, Nutrition and Metabolic Diseases, of the Romanian Association for the Study of Obesity (Obesity Congress), Synevo Days, Congresses of the Diabetes and Obesity Education Association.

## Specialists in the înCerc programme, Ploieşti

“ The înCerc programme was a wonderful experience for me, working alongside a dedicated team of specialists focused on improving children’s health.

It was a pleasure to see the participants, both ambitious children and those requiring long-term support, reach their goal. I am glad to have assisted the families enrolled in the programme change their lifestyle and diet for the betterment of their children, and I was pleased when asked to explain to our youngest participants, who were suffering from obesity, why it is important for them to lose weight.

I am grateful for this opportunity!



**Ana Maria Demetrescu**

Nutrition expert

“ As a physical therapist, my passion for sport and the desire to help and work with children made me gladly accept the role of Physical Activities Specialist in the înCerc programme, in which I helped children find and develop sports-related interests. Even if not all of them were initially enthusiastic, together we managed to find joy in exercising.

I met children interested in different sports and was able to guide others. The best achievements come as a team and I would like to express gratitude to my colleagues and, most of all, the children who worked with us.

The results are evident - both on the scales and in the mirror.



**Andrei Sîrbu**

Physical training expert

“ The înCerc programme was an experience from which everybody had something to gain! I am grateful for having had the opportunity to get to know dedicated and involved parents, children and teammates. Each of us has learned a great deal.

I am grateful for my own personal growth, for the opportunity to have been a part of the life journeys of the families we have met and guided. I am grateful for the support and trust of the whole team!

There is still so much to do, but I like to believe we were guides, even if only for a while, in this journey of acknowledging the importance of a healthy lifestyle!



**Daniela Tudose**

Psychologist

“ Taking part in the înCerc programme was a very emotional experience. The emotion came from everybody: the children, the parents, the team I was part of, and it was very different each time. I was able to notice satisfaction when the results were good, but also disappointment during less good times.

Overall the înCerc programme brings joy, the joy of having been able to help many children, and it also brings the hope of being able to do this again in the future.



**Hanellore Elena Cina**

Front Desk Officer

“ I am extremely happy that I was able to positively influence many children and their families. There were times when, through support and specialised advice, I managed to be close to the families and help them take confident steps towards everything that a healthy lifestyle means. It was an opportunity and a joy to be part of this process.



**Dr. Silvian Cioata**

Physician



“ I am incredibly happy to have been part of this programme where I learned many things from the families taking part, and from my colleagues. I am grateful to have had the opportunity to advise some very ambitious children, who desire both a change in their lives, and a healthy, active lifestyle. It was an experience I would certainly take part in again.



**Cosmin Sîrbu**

Physical training expert





“ Today I feel honoured as a Coordinator of the înCerc programme for the opportunity to express some thoughts, The goal of this programme is to bring the idea of a healthy lifestyle to a higher level, and it seems we have succeeded!

Great goals are achieved only through teamwork and by relying on the help of colleagues and I can proudly say the înCerc team is made of persevering and engaged people, capable of offering help, courage, inspiration and a new chance. Congratulations to everybody, and good luck from now on, and let us not forget we are responsible for what we choose to be!



**Ana Maria Cireşanu**

înCerc programme Coordinator, Ploiesti

## Specialists in the înCerc programme, Cluj-Napoca

“ The înCerc programme is a project that is very close to my heart. While being part of this team and project, I have evolved both professionally and personally. I met many wonderful families which contributed, each in their own way, to my growth.

I was part of a team where communication thrived, where we were able to actively listen and help each other. I am grateful to have been part of this project and to contribute to the physical and psychological evolution of each family.



**Amalia Lazăr**

Psychologist

“ I was delighted to be part of the înCerc programme. As a nutritionist involved in this journey, I had the privilege of guiding and inspiring many children on their road to preventing diabetes and obesity where we taught practical knowledge about healthy foods.

The înCerc programme has also been an opportunity to build strong ties with these families. It is wonderful to see how children and their families embraced positive and long-lasting changes.

Each step we took in raising awareness and each change in dietary choices is a victory against diabetes and obesity, very common problems for the children of this generation.



**Larisa Rusu**

Dietitian nutritionist

“ The înCerc programme invited me to become part of a team of top-notch specialists, and I enthusiastically joined this project that puts into practice the psychology of dietary practices.

It is fascinating to see words and advice that support a healthy lifestyle become visible in a teenager's life. Together, we managed to shape pro-health behaviour. Together, we learned that optimal thinking can lead to a love of health!



**Lenke Iuhoş**

Psychologist



## 7 years of the înCerc programme in the mass-media



**250**  
media appearances



**1260**  
Social Media posts



media outreach  
over **10**  
millions



**6** large media events

“ I am grateful for the opportunity to be part of înCerc, a journey full of challenges, joys and success and am proud of the team's effort and dedication over these past five years to significantly change the lives of many families.

Every moment spent with those children who needed our help was a lesson. We learned not only about the importance of a balanced lifestyle, but also about the extraordinary power of teamwork.

The guidance and knowledge we offered during these years will positively influence the lives of all those children who were with us, contributing to a healthier life and a successful future.



**Irina Șandor**

înCerc programme Coordinator, Cluj-Napoca



“ The înCerc programme is the most complex healthcare programme I have ever been part of, where I advised a large number of families about a healthy diet and together finding the best implementation strategies.

Seeing each family participating in the programme multiple times helped create a very pleasant work environment, and helped us grow together.

Even if the programme has ended, I hope that the information I provided will remain with each family I managed to see. I will remember each story, each case, as each one enriches the experience of every specialist involved.

The Medicover Association and everyone involved deserve full appreciation for such a useful and necessary programme!



**Erika Deac**

Dietitian nutritionist

“ I learned about the înCerc counselling sessions from our general practitioner. At every meeting, the project coordinator guided us and ensured we felt comfortable and in our element.

Vlad and Delia, my children, were happy to attend these sessions. The real gain is that we learned to make the right choices regarding food and to strive to adopt a healthy lifestyle. It is a challenge and a long-term fight, and it is a change of lifestyle for the whole family.

We still have a long fight until we reach the goal we set for ourselves, but we continue to strive. **We wholeheartedly thank Irina and the entire Medicover Association team who embraced us like a family and taught us how to lead healthy lives.**

**Luminița Penea**

Mother of Vlad and Delia, înCerc programme beneficiaries

“ The înCerc programme began as a challenge for me. I joined the programme with great enthusiasm because I think that prevention is a base pillar in raising and caring for a child.

Obesity and type 2 diabetes in children are subjects rarely discussed in Romania, but the înCerc team set off to change unhealthy mindsets and habits. In the five years I worked with this programme I grew alongside my patients. I watched them develop and work hard to change their lifestyle, to eat healthier and to include physical exercise in their daily routine.

Now, at the end of the programme, it is gratifying to see the achievements of children who managed to lose weight and improve their health. Gratitude is all the greater because we were able to initiate a healthy lifestyle which will protect the future adult.



**Monica Pintican**

Paediatrician



# Nutrition for SuperHeroes

## A new Asociația Medcover project

The beginning of 2023 meant for us, at the Asociația Medcover, the start of a new project specially designed to support 4th graders from Cluj-Napoca and Ploiești. We know that today's students are tomorrow's adults, so the foundation of essential information, such as a healthy diet, is set during childhood when they learn that balanced nutrition is part of a healthy lifestyle.

In June and July 2022, some pilot classes took place in those two cities, and last year we started the interactive nutrition classes. During the online workshops, the students from Cluj and Ploiești discovered the basics of a healthy diet, how easy it is to have a balanced diet and its long-term benefits. Designed to be interactive, with puzzles, challenges and superheroes, the information teaches students good habits about what to put on their plate.

This is especially relevant today where unhealthy eating temptations are everywhere, and the typical enticement for children of this age is to rush into not-entirely positive choices.



“ Our initiative is based on an actual need, specifically one to inform 4th graders about a healthy and balanced diet.

The fact that there are not any elementary nutrition classes in schools motivated us to bring forward a friendly and creative exercise, one that speaks to the children: 'Nutrition for SuperHeroes'.

Using funny characters and interactive activities, we not only got the little ones' attention, but my colleague Erika Deac, dietitian nutritionist, and I stimulated their interest in learning new information about a better diet.



**Ioana Mesea**

Dietitian nutritionist in the Nutrition for SuperHeroes project

Online workshops have an informative, easy-to-understand part, as well as interactive parts, with fun games/puzzles, geared to help them memorise the information. The 'Nutrition for SuperHeroes' workshops are the basis of a nutrition education each student can benefit from during their first school years, a good time to form good habits.

**Before the end of the 2022/2023 school year, we managed to reach almost 4000 4th graders**, who carried the information they learned to their families. We know change starts with small but confident steps and we, the Medcover Association, want to be among those who take steps in the right direction, encouraging a balanced lifestyle, for a generation of adults who are healthier and more aware of their eating habits.



# Queen Silvia Nursing Award



We listen to the voice of nurses. We help them discover innovative ideas and expand their horizons to solve the most pressing health problems of the elderly.

**In Poland, between 2016 and 2023, we received:**

 **1660+**  
project  
proposals

submitted by  
 **1190+**  
nurses



Visit the QSNA website and Facebook page



[www.queensilvianursingaward.com](http://www.queensilvianursingaward.com)



Learn more 

# Queen Silvia Nursing Award



phot. Yanan Li



## What is the Queen Silvia Nursing Award?

QSNA is a prestigious nursing scholarship awarded annually by Swedish Care International, and administered in Poland by the Medcover Foundation.

## What are the QSNA's aims?



Promotion of the nursing profession



Support for nursing talents



International knowledge exchange



Improvement of nursing care practices



2023 Finalists

## Who can apply?



Student nurses



Practising nurses

## How can I apply?

**SUBMIT YOUR IDEAS** for improving nursing services for elderly and dementia care.

## What is the prize for QSNA Scholars?



Diploma from HRH Queen Silvia of Sweden



Participation in the Grand Award Ceremony at the Royal Palace in Stockholm



Individual development support path (including training, participation in conferences, and support from project partners)



A scholarship of EUR 6,000



## Who is the Polish QSNA 2023 Scholar?

### Adrian Nowakowski

A nurse working at the Central Clinical Hospital of Warsaw Medical University.

## What was the winning project idea?

Using Artificial Intelligence to learn how to communicate with the elderly and patients suffering from dementia.



[▶ Learn more about the winning idea](#)

## QSNA in numbers:



“ What is particularly noteworthy is the open-mindedness of the Scholar, who works as a nurse and is additionally studying computer science to learn to use new technologies and support the work of nurses. This confirms how attractive and non-stereotypical the nursing profession can be. I am convinced that AI-aided identification of patient needs can be developed into a modern tool that will support learning to communicate effectively with elderly and dementia patients.



**Mariola Łodzińska**

President of the Main Council of Nurses and Midwives which has held the Honorary Patronage of the Queen Silvia Nursing Award for 8 years

“ My idea tackles the communication challenge faced by healthcare workers, particularly nurses, who care for patients with dementia.

Using Artificial Intelligence and Large Language Models, we can create a simulator to teach, train and improve effective communication. This will allow students to work on improving these skills independently, at a time and place of their choosing.



**Adrian Nowakowski**

Nurse and Queen Silvia Nursing Award Scholar

[▶ Watch the video from QSNA Finals](#)



Honorary Patronage:



Minister  
Zdrowia



Naczelna Rada  
Pielęgniarek i Położnych

# Volunteering and helping

We bring help to those in need by organising volunteering projects for Medicover and Synevo employees. We cooperate with foundations, associations, and partner companies.



We provide support in a variety of ways, including:



Long-term support for children's homes, single mothers' homes, clinics for the homeless, care institutions and relief centres for disadvantaged communities, e.g. for people with disabilities



Volunteering projects and in-kind donation initiatives



Support for Early Intervention and Pre-adoption Centres for abandoned infants, also through 1.5% charitable income tax donations

In 2023, our aid projects reached beneficiaries in:



Poland



Romania



Ukraine



**92** projects



**587** volunteers



**4638** beneficiaries

*Learn more* →

# Employee volunteering Poland



## Volunteering projects in Warsaw's Children's Homes

The Medicover Foundation has been supporting children's homes in Warsaw for many years. Thanks to the commitment of many companies that we are partnered with as well as our strong group of volunteers, we were able to carry out additional important projects in 2023. Each year, our list of committed Partners grows as more companies and their volunteers join in, allowing us to extend our support even further. Care facilities for children require a lot of support. We are happy that we can work together with our Partners to improve the living conditions in Warsaw's children's homes.



### In 2023, we have engaged in support for the following care facilities:

- 📍 **Children's Home, ul. Raławicka** 4 projects  
 painting of the interior of the entire facility
- 📍 **Children's Home, ul. Międzyparkowa** 4 projects  
 renovation of the fence
- 📍 **Children's Home, ul. Mickiewicza** 2 projects  
 painting of the interior of the facility
- 📍 **Children's Home, ul. Wolfkego** 2 projects  
 painting of the interior of the facility
- 📍 **Children's Home, ul. Ogrodowa** 2 projects  
 painting of the interior of the facility
- 📍 **Children's Home, ul. Barcickiej** 1 project  
 fence renovation – volunteering project in cooperation with Synevo



“ As a medical organisation we care for the wellbeing of others, and it's only natural that projects for people in need are particularly close to our hearts. By sharing our time, attention, and kindness with others, we feel that we make a team driven by similar values.



**Olga Klyuchnykova**  
Country Manager,  
Synevo Polska

“ Social responsibility initiatives are important to AkzoNobel because we believe that as a global company, we have a moral obligation to contribute to the communities in which we operate. Painting and colours are at the core of our business, which is why we look for projects where our products can make a difference to the environment, either through renovation projects or paint donations – as in the case of our partnership with the Medicover Foundation. We also encourage our employees to become involved so that together we can create positive change and improve people's lives.



**Przemek Antoniuk**  
CSR Project Coordinator,  
AkzoNobel

**15** projects  
in Warsaw's  
children's homes

**5**  
wonderful  
partners





## FASada

Warsaw

On Saturday 13 May, we met at the FASada diagnostic and consultation centre (run by the Foster Families Foundation) to plant greenery, tidy up the garden, and assemble garden furniture. Our volunteers also renovated the swing, cleaned existing garden toys, and put together new ones.

*"I get involved in volunteering because I believe that everyone has a responsibility to help others. Each of us can make a positive impact on the communities around us, and I want to use my skills and experience to help others. It's also a way for me to change the world for the better. I believe that in both business and personal life we can inspire people through our actions."*

**Wioletta Januszczyk**

Managing Director Consumer Services,  
Medicover



## The 'Ufność' Centre

Częstochowa

On one Saturday in June, just after the end of the school year, we carried out a support project for the pre-adoption centre in Częstochowa – our partner institution that we have been supporting for more than 10 years. The centre's task is to help children with health problems who are temporarily or permanently deprived of parental care. At the centre, the little ones are provided with shelter, medical assistance, and warm hearts to create a family-like atmosphere. That is where they take their first steps, say their first words, and even smile for the first time. As every year, last summer we helped with gardening and cleaning work at the facility.

## 'Krok po kroku' School for children with autism

Warsaw

We implemented this support project on Saturday, 21 October. We have been supporting the 'Step by Step' school for many years. It is a unique place for children with profound autism who need special conditions and teaching methods applied through a one-to-one teaching system. Our volunteers painted the rooms in the new part of the school's building and prepared learning materials for the students.



## School for children with autism 'Przyłądek'

Parzniew

On 28 October (Saturday), we carried out our first volunteering project for the 'Przyłądek' School. We created a learning space in the facility's garden, and we planted many trees and shrubs. In short: we got our hands dirty and dug a lot of holes! It was a joint effort of a large group of wonderful people who had volunteered to help. And... we'll be back!

*"The children and therapists from the 'Przyłądek' School for people on the autism spectrum are living proof that dreams do come true, and that the reality can even exceed our expectations. Our 'Green Up' project for the facility was aimed at creating a Sensory Garden of Dreams around the school. The area was first prepared for gardening works. Then, our committed team of volunteers planted more than 2,500 plants, including specially selected bee- and pollinator-friendly varieties. The collaboration with the Medicover Foundation was crucial for the project's success. Thank you!"*



**Agnieszka Kuruliszwili**

Director of the 'Lepszy Start' Foundation,  
'Przyłądek' School complex for children with autism  
spectrum disorders

*"Dear Volunteers! Thank you for your commitment, your time, and your energy. With your support, the Foundation's motto, 'Together we can achieve more,' is not just words, but a real gateway to acting together on a large scale. Thank you for working with us!"*



**Dagmara Gawęda**

Community Programmes Manager



# Acting for others

We would like to invite all our employees to participate in the Medicover Foundation's Acting for Others programme. As part of the programme, you can submit your idea for a social project and receive up to PLN 2000 for its implementation.

We encourage you to submit project ideas that are:

- Developed and implemented by Medicover employees, either in teams or individually.
- Aimed at supporting local communities.

## PLN 2000 subsidy

- Based on volunteering.
- In line with the Medicover Foundation's statutory objectives, with a focus on disease prevention as well a health education through workshops and training on the principles of effective and safe treatment.

## The Great Orchestra of Christmas Charity (WOŚP)

WOŚP is a unique charity initiative that combines positive emotions, energy and collective action for a noble cause. This time, the aim of the grand finale of the 31st Orchestra was to fight sepsis and protect patients, both young and old. Volunteers from the Medicover Foundation also took an active part in the event. Ela Tomaszewska, a nurse at the Elektronowa Medical Centre, medical hotline dispatcher and singer in the Medi-COVER Band, was the organiser of the local WOŚP headquarters in Pruszków. On the day of the finale, the local cultural and sports centre was packed with people.

There were concerts, artistic performances, auctions and a café. Medicover Ambulance Service provided medical support, Medicover Optician donated a voucher worth PLN 3,000 for its services, and Rehasport donated a comprehensive service including orthopaedic rehabilitation, interview, physiotherapy examination, manual therapy, and an exercise session. The one and only Medi-COVER Band, made up entirely of our employees, also performed at the event.



## Perfect Cook

This competition is aimed at adults with intellectual and developmental disabilities who attend classes in various rehabilitation facilities across Warsaw: Occupational Therapy Workshops, Community Self-Help Homes and Day Care Centres.

The competition aims to break stereotypes about people with intellectual disabilities, overcome the barriers they face, increase their motivation to develop culinary passions and actively integrate them into society.

The day before the competition, a group of volunteers from the Medicover Foundation, led by Anna Hackiewicz, Manager of the Medicover Operational Projects Team, prepared the event by wrapping and packaging the food and prizes.



## Breast Cancer Awareness – Sierra Leone

The Medicover Foundation is a regular supporter of the international breast cancer awareness campaign. In 2023, Daria Mejnartowicz, the initiator of the project, flew to Sierra Leone to help local women by conducting a series of educational workshops on breast cancer and teaching proper breast self-examination techniques. As usual, staff from Medicover Hospital were heavily involved in the project. Their engagement included donations of surgical equipment for Sierra Leone's field hospitals.

## Joint projects with the Association of Kayakers for the Disabled

In 2023, on the initiative of Monika Sobczyk, volunteers from the Medcover Foundation supported people with disabilities at two events: Dignity Days in May and a regatta for people with disabilities in September. Both events took place at the Borki Reservoir. The volunteers' task was to help people with disabilities kayak safely. They were also involved in organisational and technical support during the event.



“ My initiative to start volunteering projects comes from my empathy. When I observe my surroundings, I am very much influenced by the conditions in which other people live, the challenges they face, the constraints and obstacles they encounter in their lives. This also goes back to what I took from my family home. My parents always encouraged me to share with others as they did. My mother still says: „...I don't have much, I share with others, and I still don't lack anything”. The smile of a person you help is important; it makes them feel better to see that there is someone who can support them. Sometimes it is the little things that count. They may not cost much, but sometimes they mean the world to another person.



**Monika Sobczyk**

Information Security Manager,  
Data Protection Officer, Medcover

## Zdobywcy Marzeń, Lublin

Collecting Christmas donations for the Prof. Z. Sękowska Special School and Educational Centre in Lublin.

## Support for the Children's Home in Książki, implemented by employees of the Medcover Hospital

The fantastic, committed team of volunteers from Medcover Hospital, led by Małgosia Machaj, Weronika Pyczek and Małgosia Ostrowicka, once again joined in supporting the Children's Home in Książki. The collections carried out included donations of funds and in-kind gifts for the children – both before Easter and on Santa's Day.



## Help for the Amicus Centre: collection of soft toys and a Santa Claus party

In December, the Medcover Foundation was once again involved in organising a Santa Claus event at the Amicus rehabilitation centre. Together with Randstad, we prepared healthy refreshments for children and parents, as well as workshops on decorating gingerbread, making Christmas decorations and colourful tattoos. There was also a visit from Santa Claus, who delivered a sack full of presents. We also gave the children teddy bears that we had collected as part of our traditional Christmas charity drive.

“ I am an empathetic person and what drives me to act is the opportunity to work with others. For me, taking part in volunteering projects is a break from my daily work routine and a chance to integrate, bond and get to know colleagues in a different environment. I also enjoy the opportunity to see the joy on the faces of our beneficiaries. All of this adds to my motivation to continue to initiate and participate in similar charitable activities.



**Monika Macios**

Senior Recruitment Specialist, Randstad Poland



## Disease prevention projects

Thanks to the commitment of medical professionals (doctors, nurses and paramedics), the Medcover Foundation is able to carry out a number of prevention initiatives. Developing correct patterns of healthy lifestyles at an early age is crucial – it can benefit us all and promoting healthy habits is of the utmost importance to us.



### Charity Butterfly Run

Volunteers from the Malta Medical Centre in Poznań once again took part in the campaign to support the Palium Hospice in the city. The volunteers distributed information on the prevention of health risks and took part in the charity run. The materials on healthy nutrition, physical activity and medical tests provided by the Medcover team were very well received. We set up stands in the runners' camp to measure blood glucose, blood pressure and body composition, and offered a new test – podoscopy. **More than 200 people took advantage of our services.** We regularly attend this event to raise health awareness in our local community.



### Race for Health

This charity event at Lake Malta in Poznań was organised by the Carita Foundation, which supports patients with plasmocytic myeloma. Many volunteers from Medcover's Malta Medical Centre were engaged to take part in the event and facilitate **testing for 200 people**. Glucose and blood pressure tests were carried out, as well as body composition analysis using Tanita scales. First aid training was also provided by two excellent instructors from the Medcover Rescue Academy: Anna Hajse-Pisarek and Wirginia Stachowiak!

### MediZdrowie: a health initiative for senior citizens

In June, the staff of Medcover Hospital organised a trip for a group of 60 senior citizens, combined with a disease prevention event. We provided blood glucose and blood pressure testing, as well as lectures on healthy nutrition, herbs and herbal medicine, and healthy lifestyles. Participants also received small gifts: notepads to record their daily blood pressure and oral hygiene kits.



### Disease prevention initiative in Skrzyszew

Free medical consultations at a school picnic and presentation of the FitSchool project delivered by nurse Danuta Jakubiak.



### Teddy Bear Run

In April, our volunteers from Poznań carried out preventive health checks (blood sugar, blood pressure, body composition) at a charity run on Lake Rusalka. All the donations collected during the event were used to fund activities for children from Special Kindergarten No. 164 in Poznań.

## Prevention of choking

Thanks to the initiative of nurse Danuta Jakubiak, in 2023 we carried out a series of activities on the very important topic of choking prevention and first aid. **A total of 50 teachers participated in the project.**

**We targeted 5 facilities:**

- kindergarten in Skrzyszew
- school in Skrzyszew
- kindergarten in Pruszków
- 2 kindergartens in Warsaw

As part of the project, the facilities were equipped with choking rescue devices and practical training was provided for caregivers and teachers on first aid in choking and on how to use the device. At the same time, volunteers also organised a range of activities for the children, including workshops on healthy eating, an ambulance presentation and FitSchool workout sessions.



**We successfully reached:**



*Volunteering gives me a lot of satisfaction and joy. I believe that everyone should share with those in need and support relief efforts to the extent that they can afford to do so in a given situation. Although I have a small child and very little time for additional activities outside of my home, I feel a great need to help others, especially in response to needs that I see or hear about. The grant from the Medicover Foundation has given me the opportunity to engage in such support. I thank the Foundation for making it possible for me to help others.*



**Danuta Jakubiak**  
Nursing and Obstetrics  
Development Expert,  
Medicover

## First Aid training

The cooperation between the Medicover Foundation, the Medicover Ambulance Service and the Rescue Academy is booming! Together, thanks to the commitment of volunteers, we have been able to conduct several first aid training courses and reach **hundreds of beneficiaries.**

**In 2023 we delivered such training for:**

- Primary School No. 4 in Pruszcz Gdański
- the Malwa Foundation
- Kindergarten in Liszki near Kraków
- the 'Little Rescuer' project in Kraków

During the training, participants learn about first aid, practise on rescue dummies and memorise emergency numbers. The Rescue Academy conducts these trainings with a great deal of professionalism, not to mention the smiles on the faces of the instructors.

*Thank You!*



# Other projects

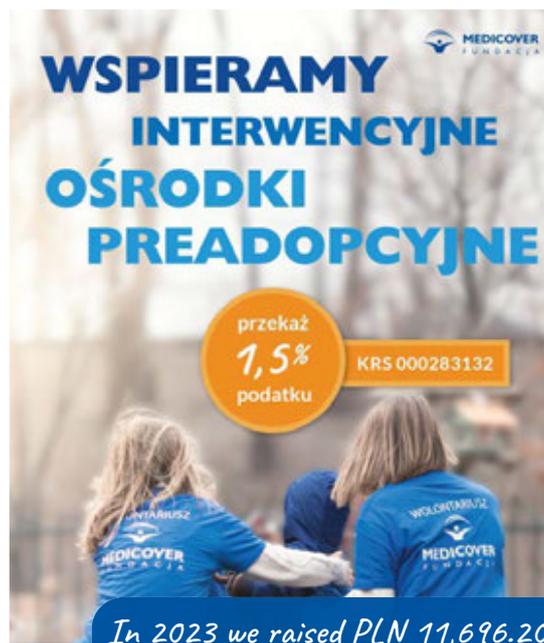
## 1.5% tax for charitable causes: we support the Early Intervention and Pre-adoption Centre in Otwock and the Nursing and Care Association 'Z Ufnością w Trzecie Tysiąclecie'

We have a long-standing tradition of donating all the money we collect from the 1.5% income tax to these organisations. When you fill in your PIT declaration, simply enter the court registry (KRS) number of the Medicover Foundation: 0000283132.

The two care homes we support provide shelter, medical care and open hearts. In a family-like atmosphere, the children learn to walk, say their first words, and even smile for the first time. The centres provide the children with the care and attention they need while looking for suitable adoptive families. The staff do their utmost to ensure that the little ones do not remain in a children's home, but instead go to loving families.

## Gifts for kids: a joint Christmas project with Medicover Benefits

As with every year, on 1 December we launched another fantastic Christmas initiative. Together with Medicover Benefits, we offered Medicover employees the unique opportunity to buy a toy shop voucher (Smyk) and donate it to children from the pre-adoption centres. Thanks to this project, employees can donate their credits to a good cause!



In 2023 we raised PLN 11,696.20

## ŚWIĘTA TO CZAS POMAGANIA!

Dołącz do akcji i wspólnymi siłami przygotujmy prezenty dla dzieci.

Kup voucher do Smyka i prześlij go na: [prezentydla Dzieci@medicover.pl](mailto:prezentydla Dzieci@medicover.pl) do 15 grudnia. Twój gest może uczynić te święta lepszymi!

In 2023 we raised PLN 3,325

## Cooperation with the Outpatient Clinic for the Homeless run by the 'Jesteśmy Nadzieją'

The Association 'Jesteśmy Nadzieją' provides support and medical care to people in the crisis of homelessness. The clinic is located in Warsaw's Wola district.

### In 2023 we implemented the following projects for the Clinic:

- volunteering**
- in-kind donations**
- cash donations**

- cooperation with the University of Physical Education in Warsaw, volunteer work by nursing students
- collecting clothes and shoes for the homeless
- purchasing medical supplies
- development of an IT network in doctors' surgeries,
- obtaining free support for the Clinic from Medicover suppliers:
  - medical supplies
  - specialist medical suits
  - laundry services for medical uniforms

“ We proudly participated in the Medicover Foundation's Christmas initiative to support pre-adoption centres during the festive season. By purchasing SMYK toy shop vouchers through the Medicover Benefits platform, it was easy and accessible for the entire community of Medicover employees to get involved in the charity initiative.

Our actions not only brought support, but also became a source of inspiration for our customers and the business environment to involve their employee communities in organising similar initiatives through the platform. We are delighted with the results of this year's campaign and proud that together **we have tripled last year's result**, underlining the strength and solidarity of our community.



**Alicja Król**  
Senior Marketing Specialist,  
Medicover Benefits





Students of nursing from the University of Physical Education in Warsaw



Development of an IT network



New computer workstation

“ This is the second year that the Józef Piłsudski University of Physical Education in Warsaw, together with the Medicover Foundation, has taken part in the Christmas charity drive. In 2023, we collected donations for the patients of the Outpatient Clinic for the Homeless run by the ‘Jesteśmy Nadzieją’ (‘We are Hope’) Association. In addition, thanks to Ms Agnieszka Fill, the director of the Clinic, our nursing students were able to join the team and take part in a volunteer service for people in the crisis of homelessness. This was an excellent opportunity to gain practical skills in caring for the most vulnerable. Thank you very much.



**Monika Lotycz**

Department of Nursing, Faculty of Rehabilitation, University of Physical Education in Warsaw



## The Medicover Foundation regularly supports institutions and associations that provide aid to those in need

In 2023, we made donations to the following facilities:

- The Brothers of St. John of God Medical Centres in Wrocław, Łódź, Katowice and Kraków:**

  - specialised electric hospital beds
  - stations for neonatal care
  - medical and surgical masks
- The H. Chrzanowska Felician Sisters Hospice**

  - ECG equipment
  - bedside cabinets
  - medical and surgical masks
  - disposable patient cleaning kits
- Youth Sociotherapy Centre in Ostrowiec Świętokrzyski**

  - PCs
- ‘Bezpieczeństwo Dziecka’ - (‘Child Safety’) Association in Bydgoszcz**

  - PCs
- St. John Paul II Nursing Home in Lublin**

  - hospital-grade bedside cabinets



Sister Elia and Krzysztof Sędacki - Volunteer Coordinator, The H. Chrzanowska Felician Sisters Hospice



## Cooperation with the Legia Foundation

In 2023, we continued our partnership with this unique and versatile Foundation. It is an honour to work with such a Partner.



Fundacja Legii

### Junior Amp Football

In August, the Legia Warsaw Stadium hosted the annual camp organised by the European Amputee Football Federation with the support of UEFA. The camp attracts children from all over the world, and today's amputee football stars had the chance to develop thanks to these camps.

Employees of the Medcover Foundation volunteered at the event and medical care was provided by Medcover Ambulance Service.



“ At the Legia Foundation, we believe that it takes very little to make a meaningful difference in someone else's life. As a foundation, we carry out a wide range of activities to support, educate and solve problems that might seem unsolvable. We work in areas such as equal opportunities, education, physical activity, and support for the marginalised. We couldn't think of a better partner than the Medcover Foundation. Like us, the Foundation understands that every little act counts, and that together we can achieve more.



**Magdalena Pelczyńska-Korzun**

Legia Foundation



helpline for children and young adults ☎ 116 111

### ‘Wszyscy Do Wiosel’ / ‘Let's Row Together’

On 28 November, during the 6th edition of the Legia Foundation's flagship project, 'Let's Row Together', held at the Legia Warsaw stadium, the Medcover Foundation's employees actively raised funds for a vital mental health helpline for children and young adults. Every small act, every 11 minutes of rowing and every donation helped to keep the helpline 116 111 running and providing daily support to young people faced with mental health problems and other challenges. As usual, our Medcover Ambulance Service was responsible for ensuring that the event was safe.



### Other projects implemented with our Partners:

- 'Repower' – support for frontline medics from Ukraine during their stay in Warsaw.
- Organisation of a social event for **Salesforce volunteers at the Children's Home** at Międzyparkowa Street in Warsaw.
- Medcover Ambulance Service provided medical cover for a **fencing tournament for people with disabilities**.

# Employee volunteering Romania



## Volunteering projects by Romanian employees in 2023

2023 was the year we demonstrated that good deeds come in all sorts of forms and can generate many smiles and changes in our communities.

Early in 2023, we successfully managed to achieve two of our targets:

- the continuation of existing projects
- launching new projects enabling us to drive meaningful change

We managed to expand our list of partners, help communities in more remote areas of the country, and transform two rooms in a rural kindergarten and school into two recreational rooms for students and preschoolers.

The new Camera Piticilor (Children's Room), in one of the large centres in Bucharest, is visited daily by over 200 children for a warm meal and to do their homework, and where they can receive the help their families often cannot provide. The community support, and the webinars for people with health issues, show how our volunteers participated in diverse ways. And for that, we express our gratitude to them!

2023 was about good people, new partners, and about simple things that can make a difference. We accomplished more by continuing existing projects, and embarking on new ones to help some communities where it is greatly needed. The year was also about our colleagues who generously devoted time and energy on weekends and days off to help those in need.

We are most grateful to them for standing with us and not forgetting that we each have a role in making the world a better place. School projects included teaching students about a healthy lifestyle, webinars for young people with Down syndrome, and for children with autism spectrum disorder and their families. We were also able to reach remote areas of the country, and played the role of Santa Claus's messengers to four different communities.



**Alina Corneanu**

Volunteering and Communication Coordinator  
Asociația Medicover



## Asociația Medicover Romania 2023

**29** projects

Almost **2700** beneficiaries

**110** children from 4 communities received gifts during the 'Letters for Santa' campaign

**1100** Superheroes ran in the Children's Race, which we have been sponsoring for 6 years

over **250** young people with Down syndrome and autism spectrum disorder were provided with Nutrition Workshops

As in previous years, 2023 was a year of actions that brought added value to communities in several areas of the country. The Medicover Association team, through various projects and diverse volunteer actions, managed to bring change and to remind communities of the importance of prevention and a healthy lifestyle. Maintaining such programs is vital to ensure all community members are served.



**Florinela Cîrstina**

President of the Board of Directors of the Medicover Association, General Manager of Medicover Romania





## A colourful room, full of toys for kindergarten children

A Saturday in February like any other: a rural kindergarten, colleagues that donated their time, brushes and paint, a reading tent, a world of fairytales. So, what came out of it? A colourful classroom, with games, a special reading corner where the little ones can listen to and more easily enter a world of games and fairytales. A room that the children in the upper class of Bucu Kindergarten (Ilfov County) now enjoy every day and one that they deserve to have.



“ Together with the Medcover Association, we launched support initiatives which accomplished measurable outcomes and had a significant impact in 2023. Through our financial contribution and direct involvement in social projects, this collaboration brought us satisfaction in terms of social responsibility, and also strengthened our reputation as an organization concerned about the well-being of the community and the environment.



**Alexandra Moisescu**

Corporate Communication Director,  
Synevo Romania

**Autism 24h**



## Over 1000 Superheroes ran for health



This year's Autism24H ultramarathon brought over 1100 Superhero runners to the starting line. The strength, determination and the desire to help those in need have brought together our colleagues from all around the country who ran for the sixth consecutive year. As sponsor of the Children's Race, we congratulate them all on the accomplishment and for demonstrating that doing good deeds is within everyone's reach!

## Caring for the children of Dor Mărunt School

We are always happy to revisit the friends we have been helping for several years and who manage, despite being in a rural area, to 'move mountains' for the children under their care. Such a place is the Dor Mărunt School (Călărași County), an environment where children get plenty of help to discover the surrounding world. To ensure the classes are as safe as possible, we brought hygienic products, needed more than ever during the cold season, when the students' immunity is tested by various seasonal illnesses.

## Helping the students of Jegălia Secondary School

We often receive requests for help from schools, especially from rural areas. We know that even our little help can mean a lot, especially when the needs are many and the possibilities limited. Today's students are tomorrow's youth, who will get the chance to change things for the best, so support for them is a chance for education, and also for a better future. Among them, there are the students of Jegălia School (Călărași County).

## Close to the pupils of Petrăchioaia School

We try to provide support for children, whenever we have the opportunity, knowing that they are tomorrow's youth. The needs are even greater in rural schools, where often the parents work hard to provide them with whatever is needed. By being by their side we can help them discover the world around them to help them make the right choices later on. We are happy to have been able to work with the students of Petrăchioaia Commune, in Ilfov.



## For 6 years, alongside the friends from the St. Dimitrie Foundation

Every year we visit our friends at the St. Dimitrie Foundation in Bucharest as we help them to prepare the Centre for the new school year. It has become a tradition as we have managed to do this for six years. We have created a clean and hospitable Centre for the children who come here every day looking for help in its many shapes and forms. Fewer worries for them, more reasons for joy for us.



## Therapeutic materials for children of the Down Syndrome Association

Our actions are for them and about them, about assisting in their daily therapy. Today is about our friends at the Down Syndrome Association, Ploiești, with whom we have worked for the past few years. Materials for their daily therapy are more than necessary in their fight for more independence, for a better life. We are grateful to our colleagues who contribute in various ways to these actions and who demonstrate that their actions can make the world a better place.

## Our days are filled with smiles, tiny hands reaching up, and curiosity



Many important lessons are learned in the first years of life. The importance of hygiene and a healthy diet are topics we often discuss. We think a child who knows how to take care of himself/herself and those around them is a future well-informed adult. And we are happy to have such moments, like the one we shared with the students of Petrăchioaia School (Ilfov County). This is what our mornings look like.



## For the mothers and children of Letca Nouă Association

We have been visiting them for many years, and we have known some of the children since they were little and are now in secondary school. This time it is about our friends at the Letca Nouă Association in Slobozia Commune, Giurgiu County. Specifically, about the mothers and children who live in the Association Centre, a place they have been calling their home for many years. We were pleased to see them again and to bring them the food they need so much.

## Help for the children in the Simeria area

Many of our actions revolve around children from disadvantaged backgrounds who often need help with food and support in order to continue going to school. We have managed to be there for the children in Simeria (Hunedoara County) who are being cared for by our friends at Asociația Copii pentru Viitor (Children for the Future Association). The children come to the Association's Centre every day to do their homework, to get a warm meal and help.

## Hygiene products for the children of St. Dimitrie Foundation

The needs for those around us do not just disappear if they do not receive the much-needed help. We have worked with the St. Dimitrie Foundation in Bucharest for more than five years. For many children from disadvantaged environments, the Foundation is like a second family, a second home, where they come daily for a warm meal, for specialized help, and also for their personal hygiene. We wish as few worries as possible for these children as they go through life.

## More therapy sessions for the children in Asociația MAME

We do not know what motivates people to do good, but we want to share what makes us 'move mountains'. It is about the many smiles of children who managed to win hard fights with a disease, beneficiaries of Centrul Stelețelor (Little Stars Centre) at Asociația MAME of Bucharest. The little winners who teach us about strength and much more on a daily basis.



## Asociația Puzzle Romania completes the list of friends

We recently met the people at Centrul ABA - Asociația Puzzle România who care for children with autism spectre disorder on a daily basis. This makes us want to help them every time we can. Starting now, the therapy sessions for the children in the Association will be even more interactive.



## Sala Piticilor (Children's Room) for the children at Asociația Ana și Copiii (Ana and the Children Association)

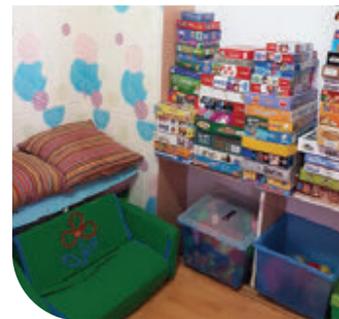
Since children are among the beneficiaries we often focus on, Sala Piticilor, created for the children in the care of Asociației Ana și Copiii of Bucharest, became one of our projects this year. It all started with the need of the younger children who go daily to the Association with their older siblings. They require their midday nap and a suitable environment for their age and growth. That is how Sala Piticilor got started, a bright and warm room, with colourful beds, spreads with fairytales characters and tables their size. While their older siblings do their daily homework and have remedial activities, the little ones can rest and recharge their batteries for the second part of the day.

## Educational materials for the children at Voluntarul din noi (The Volunteer Inside Us)

We enjoy working with our friends at Voluntarul din noi who help students from disadvantaged families reach the goals they aspire to. We wish joy, curiosity, courage and many unforgettable moments to the students who discover the world this new school year.

## Reading and relaxation corner for children

We have already described the St Dimitrie Foundation and our multi-year friendship. If during the summer we knocked on their door in order to make the Centre clean and hospitable for the new school year, in the autumn we continued to support them in order to set up a play and relaxation corner where the children can retreat to discover the world of stories, but also to enjoy a game or a puzzle with their friends.



## Fully packed schoolbags for the students in Pălteniș

Since the beginning of 2023 we wanted to reach out to communities as far away as possible, and we have done so. Fully packed schoolbags and other materials students need for their classes have reached Pălteniș School, in Botoșani County. Now the elementary and secondary school students are able to start the school year fully prepared and ready to discover the world around them.

## Santa's Helpers for almost 110 children

The end of the year signifies for us the beginning of the Letters for Santa campaign. Each year we do the work of Santa's helpers, the elves. Last year we reached over 90 children to bring the joy only Santa's gifts can. In 2023 we wanted to reach out to other locations in the country and a larger number of children. The 110 presents nicely packed by the 'Santa Clauses' reached four different communities in Giurgiu County (at the Centre of Asociația Letca Nouă), in Botoșani County (at Pălteniș School, near the border), in Ilfov County (Vânători School), and in Bucharest, at our friends at St. Dimitrie Foundation.



## School supplies for children at Centrul Steluțelor (Little Stars Centre)

Each child deserves a beginning of the school year that is full of excitement, joy and curiosity. We admit experiencing all these feelings alongside the children who are in the care of our friends at Asociația MAME. We are glad that they are by our side in supporting the cause we strongly believe in and which we will keep supporting.

## More good deeds for the students of Pălteniș School

We have managed to reach the children of Pălteniș School in a new community in Botoșani County. We have begun to help with some of their needs (hygiene products), and promise to return to mitigate others. We aim to discover as many of these schools as possible, especially in distant communities, where few people come to visit and assist the ones in need.

# Awards and prizes



## 2023 Medcover Association Awards

We at the Medcover Association invest a part of ourselves in every project we plan or implement. We know that it is only when we put our heart and soul into our efforts, that things will turn out to be good and useful for those around us.

That is why every 'thank you' or recognition diploma only fuels our desire to do more – more good deeds for those around us, more actions in communities in need, more change for the better where hope is scarce.

For us, 2023 was the year when our daily work was analysed by the great juries of the specific competitions, and the results were not far behind. We submitted two of our most significant projects to the Romanian CSR Awards Gala: Relaxation rooms in schools around the country and Solutions for the Community. The results of these endeavours bring joy to many people, hopefully for a long time.

### 2nd Place for Solutions for the Community



Solutions for the Community is a campaign launched by Synevo România, with help from the Medcover Association. It encourages schools and other NGOs to propose ideas from areas such as health, education and the environment, which can aid or bring value to the community.

At the end of each edition of the campaign, the best 10 ideas from the three areas receive financing and turn the project proposal into reality. Our project was recognised at the Romanian CSR Awards Gala and received 2nd place in the Community Support Category. For us, this is proof that our actions lead to positive outcomes.

In 2023 our Solutions for the Community campaign reached over 100,000 beneficiaries around the whole country, people who received the needed help, regardless of whether it was related to health, environment or education.

### 3rd place in the Education Category



In addition to the Solutions for the Community project, we presented the Relaxation Rooms for Schools project at the 2023 Romanian CSR Awards Gala. We got the idea for this project from the needs we discovered in the schools we visited.

Through this project, we managed to transform simple rooms in the school into completely different ones. The relaxation room is a room full of colour, adorned with paintings on the walls, in which students can simultaneously access four small universes: reading, painting, music and play.

In such a room they have the opportunity not only to discover musical instruments, stories to carry them to a world of fantasy and their own painting abilities, but also to relax and 'recharge their batteries' while they play board games with their mates. The idea was appreciated by the jury of the Romanian CSR Awards Gala and was awarded 3rd place in the Education Category.



# Medi-COVER Band



## The Grand Open Concert

7th Anniversary of the Band



📍 Remont Music Club

📅 May 2023

The **Medi-COVER Band** is a charity rock band made up of employees from different Medicovert departments and companies, who volunteer to follow their passion after work, meeting for rehearsals and concerts. The combination of talent, dedication and fantastic contact with the audience has made this project a huge success. The initiative was founded in early 2016, and so far the band has played dozens of concerts both in Poland and abroad.

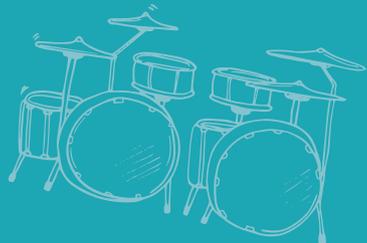
The musicians rehearse regularly every Monday in Warsaw's Bemowo district. They also give charity concerts several times a year.

### Core line-up:

-  Grzesiek Wisniewski – IT Manager, Invimed Head of Medi-COVER Band, bass
-  Ela Tomaszewska – Nurse, Elektronowa Medicovert Centre, vocals
-  Irek Urbanke – Ambulance Service Manager, Medicovert, guitar
-  Łukasz Krawczyk – IT Services Manager, Medicovert, guitar
-  Maria Łankowska – Corporate IT Solutions Specialist, saxophone
-  Michał Jasiński - Dentist, drums

### In 2023, our friends and Medicovert volunteers joined us to perform with the Band:

-  Iza Gosk – vocals
-  Magda Grzeszczuk – keyboards
-  Marcin Trojanowicz – drums
-  Agata Kwapińska – drums



” I participate in the projects of the Medi-cover Foundation by performing in the Medi-COVER Band. As a member of the Medi-COVER Band I can combine my passion for music with the opportunity to help others. Thanks to our charity concerts, the Foundation has been able to offer music therapy classes. I am also a volunteer instructor for the Polish Scout and Guide Association (ZHP), whose mission involves helping people in need. I take part in charity events such as the Great Orchestra of Christmas Charity (WOŚP) and the Christmas Charity Box (Szlachetna Paczka). I genuinely enjoy supporting those who are less fortunate. It gives me great satisfaction and the feeling that I am making the world a better place.



**Ela Tomaszewska**

Medicovert nurse,  
Medi-COVER Band vocals



## Employee integration event



📍 LaPlaya Club 📅 September 2023

### 2023 live performances:

- The Grand Opening Concert to mark the 7th anniversary of the Medi-COVER Band - Remont Music Club
- Employee integration event, LaPlaya Club

#### We also performed 3 special charity concerts:

- For the Great Orchestra of Christmas Charity (WOŚP)
- During the Blue Ball in aid of the 'Przyłądek' Primary School for Children with Autism
- During the picnic for cancer survivors organised by the 'Na Ratunek Dzieciom z Chorobą Nowotworową' Foundation



### The Blue Ball

📅 June 2023

📍 'Przyłądek' Primary School for Children with Autism

### 'Have fun, help others, build a community!'

It is not without reason that this slogan accompanies the charity concerts of the Medi-COVER band. Thanks to the money raised during the concerts, the Medicover Foundation can carry out many socially useful projects. One such project is the organisation of music therapy classes.

In previous years we organised concerts in the series we called 'A musical way to health' as well as music therapy classes in children's homes and single mothers' homes.

In 2023 we organised a series of music workshops in the Centre for Disabled Children of the Malwa Foundation and in the Children's Home at Międzyparkowa Street in Warsaw. These initiatives involved both volunteers and professionals with a big heart – educators, music therapists, animators, and professional musicians.

The participants of our workshops got to know the world of music with great joy and interest. The events were enjoyable and fun to attend, but also extremely professional and substantive. What's more, we found some real musical talent among the participants!





“ The music workshop organised for the children from the Malwa Foundation was a great adventure. It demonstrated how people with disabilities are open to new challenges. The series of drumming classes organised by Medicover Foundation for people with intellectual disabilities was amazing! The participants had the opportunity to develop their musical skills and make music together. The atmosphere was filled with joy and positive energy. Thank you for such a great initiative!



Angelika Olek  
Malwa Foundation



## We support children with cancer through music

During the last quarter of 2023, a series of music therapy sessions was held at the children's oncology wards in Wrocław.

'Przystałek Nadziei' ('The Cape of Hope') is a supra-regional children's cancer centre and was established on the initiative of the 'Na Ratunek Dzieciom z Chorobą Nowotworową' Foundation and is now the largest paediatric transplant centre in Poland. Every year, the centre's doctors and nurses fight for the lives of two thousand children who come to Wrocław from all over the country for treatment.

Thanks to a new collaboration between the Medicover Foundation and the 'Przystałek Nadziei' Centre, the young patients were able to take part in a unique music therapy workshop. The workshop allowed them to express their feelings, which are sometimes difficult to put into words, through melodies and sounds. We also bought some new instruments for the children.

Music is soothing and can be a truly invaluable therapeutic tool for patients. Nothing helps you to express yourself, your feelings and your mood like a melody!



Music workshop at a Children's Home in Warsaw



## Polish Doctors Orchestra

📍 Szczecin Cathedral and Philharmonic Hall 📅 October 2023

In October, we participated in an unusual initiative – a charity concert by the Polish Doctors' Orchestra.

The project was presented to us by Asia Chodkowska, a dentist and dental surgeon working at Medicover Dentistry. Asia is also a violinist in the Polish Doctors' Orchestra, an association that organises annual charity concerts across Poland.

As part of our cooperation, we subsidised part of the organisational costs incurred by the participating volunteers. The concerts took place on 21 and 22 October in the Cathedral and Philharmonic Hall in Szczecin. The proceeds from the concerts were donated to the Regional Cancer Foundation for the Zachodniopomorskie Oncology Centre in Szczecin.



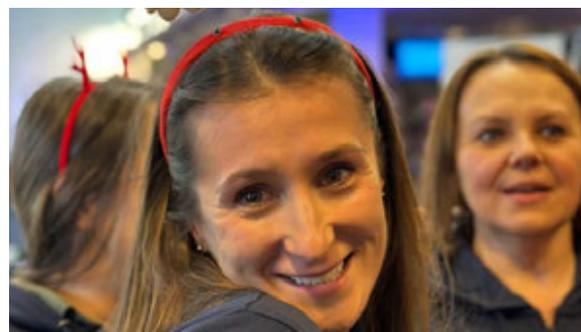
# A heartfelt 'Thank You' from the Medicover Foundation's Team

We are grateful **TO LOCAL GOVERNMENTS, SCHOOLS, TEACHERS, NURSES** and all our **PARTNER ORGANISATIONS** for your dedication and ongoing cooperation. It is extremely valuable to us that we can rely on each other. We believe that the next year will bring further socially important projects – please feel invited to join us in their implementation.

We would also like to thank our **BENEFICIARIES** for their trust and for the journey we have been on together. Your successes and smiles are a great reward for our effort.

We also thank the Foundation's fabulous **VOLUNTEERS**. You are the wind in the Foundation sails!

*Together we can achieve more!*



We wish all **THE FRIENDS** of the **FOUNDATION** all the kindness, smiles, and empathy around you. We know we can always count on you. By taking care of ourselves and others, together we make the world a better place for everyone.

**THANK YOU!**

*The Medicover Foundation's Team*

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