

Curis Sustainable Health Community

An Introduction



Good Health, Wellbeing and Sustainability

World Health Organization defines health as a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity, while wellbeing can be defined as the condition of an individual characterized by harmony between its physical, mental or emotional, social and financial health factors. The four different aspects of wellbeing are interrelated to help individual experiences a sense of happiness and fulfilment.



In 2015 the United Nations (UN) adopted the 17 Sustainable Development Goals (SDGs) as a universal call to action aiming to assist people enjoy peace and prosperity. UN set a timeframe of fifteen years for countries and societies to prioritize sustainable progress aiming by 2030, to successfully bring development to balance social, economic, and environmental sustainability.



Achieving a sustainable development means making reasonable use of resources to meet current and diverse needs of individuals, ensuring that adequate resources will remain available for future generations. A fundamental principle for sustainable development is the formation of new sustainable communities or the transformation of existing ones to align with the SDGs.

According to the World Bank, sustainable cities and communities should be environmentally sustainable, resilient to social, economic and natural shocks, inclusive for all groups of people and competitive in order to ensure productivity. Development of sustainable communities requires a multidisciplinary and cross-sector approach to ultimately create value to all stakeholders, ranging from the individual to diverse groups of people and vastly unknown needs of the future generations. Sustainable development supports economic growth with respect and positive impact to the environment and society.

Good health & wellbeing is essential to sustainable development, a pre-requisite for decent work and economic growth and a dynamic force for the formation of sustainable communities. Sustainable communities struggle to achieve high quality of life and provide members with opportunities and choices (5). Continued and collective efforts are required to increase communities' resilience to social and environmental risks, while tackling economic challenges.





Curis Sustainable Health Community

Curis Sustainable Health Community (CSHC) is a private initiative to inspire people to protect and enhance their physical, mental and social wellbeing, an initiative fully aligned with Curis core values of caring and humanism.

With a vision of creating a better and sustainable future, we serve the community by extending healthcare to encompass where people live, work and play. CSHC provides support to members to enhance quality of life, experiencing individual and collective peace and prosperity.

Curis Sustainable Health Community



We partner with stakeholders to encourage individuals to overcome harmful habits and adopt a healthy lifestyle aiming to build a national culture of health by supporting the development of healthier, happier, and sustainable communities.

CSHC supports 6 out of 17 SDGs:

SDG 3: Good Health and Wellbeing

SDG 4: Quality Education

SDG 8: Decent Work and Economic Growth

SDG 9: Industry, Innovation and Infrastructure

SDG 11: Sustainable Cities and Communities

SDG 17: Partnerships for the Goals



Why Wellbeing Matters?

- Rising healthcare costs
- Scarcity of resources and medical professionals
- Changes in social behaviours and working environment
- Transition from sickness to prevention
- 60% of total deaths can be prevented by addressing 4 medical conditions



Features

CSHC is a dynamic group of people with a view to Live Life Well. Members have access to solutions, benefits and services that can be tailored to meet individual needs. Personalized management is backed up by Curis Disruptive Health Innovation Platform, ensuring continuum and interoperability placing the member at the driver seat. Features of CSHC fall into the following categories:

Health



- Accessibility to healthcare services through the platform,
- Medical Records,
- Medical Consultation,
- Physiotherapy,
- Mental Health,
- Second Medical Opinion,
- Facilitation,
- Access to Tele-medicine

Wellbeing



- Physical Activity:
Yoga,
Pilates,
Clinical Pilates,
Functional Training,
Dance,
- Meditation,
- Nutrition Management

Health Literacy



- Health & Wellbeing Awareness,
- Campaigns,
- Life Skills Trainings,
- Webinars,
- Seminars,
- Health-talks

Events & Activities

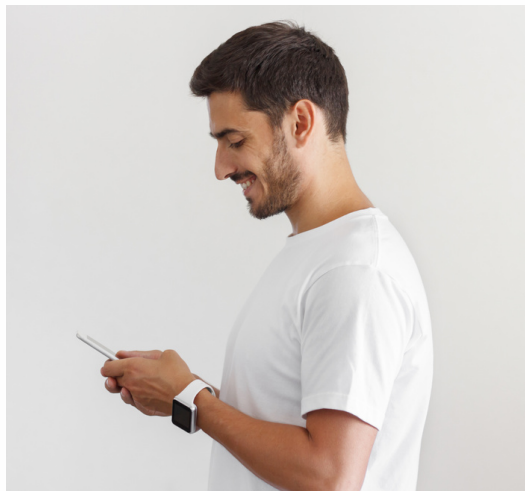


- Life Walks,
- Smoking Cessation,
- Health Tips,
- Articles,
- Influence,
- Motivation,
- Engagement

For Individuals

We welcome adults of all ages, regardless of their wellbeing status to join our community. An individual can create a profile with MyCuris Personal Health Application to seamlessly monitor and manage own health and wellbeing. Through the application, people gain access to physical and digital health and wellbeing related services that aim to support them in elevating their wellbeing status. Members can make use of health services, participate, and engage themselves in wellbeing activities of special interest and access educational material to enhance knowledge on issues of concern.

Members are motivated to create a personalized sustainable wellbeing roadmap making choices that benefit their health and wellbeing, participating at their own pace from the comfort of their own space.



For Companies

Workplace wellbeing is cornerstone for supporting the UN Sustainable Development Goals. Initiatives towards supporting employee' wellbeing are important for organizations in contributing to creating a sustainable future. We recognise that organizations form smaller communities that can fall within CSHC and thus, are considered ideal settings for incentivizing and educating employees on how to remain physically, mentally, socially, and financially well.

Curis Workplace Wellbeing Program is adopting international best practices, delivered through an innovative, technology-enabled, hybrid model that combines physical with digital services.



We have developed a centralised platform with different interface applications to support convenience and accessibility. Employees are provided with access to MyCuris Personal Health App to access services that are offered as part of the program. Occupational Doctor App is used by the assigned healthcare professional to maintain employees' health records, interact with employees and issue relevant certifications as per the legislation. Representatives of the organization, i.e. HR professionals, are provided with access to WorkWell App to create, engage, monitor, and evaluate the implementation of the program.



Reporting is an integral part of the program. CSHC supports organizations with reporting on their Environmental, Social and Governance factors by designing customized programs to address physical, mental, and social employees' wellbeing. Wellbeing strategy, programs and initiatives are included in organizational reporting on ESG as tangible evidence of organization's efforts to create an inclusive and human centric workplace, to deliver wellbeing outcomes and create a resilient workforce. Data is collected anonymously to generate metrics and statistics to evaluate and assess performance and Return on Investment (ROI).

For Other Groups

CSHC partners with other stakeholders, e.g Municipalities, NGOs, and other communities of special interest, to work hand in hand for enhancing their members' health and wellbeing, supporting sustainable development.



Who We Are

We are an innovative, diverse health and wellness group, founded in 2010. Trading as Curis Network, we extend health and wellness services to encompass people where they work, live and play. Our service offering combines access to face to face and digital services to provide a comprehensive solution that will cater for an individuals overall health needs.

Curis Network, works closely with medical and allied professionals, fitness and wellness instructors, and hospital groups from the international arena. It is the conduit of individuals with the service provider, ensuring safety, reliability, transparency and interoperability. We provide the tools to empower an individual to be in the driver seat of own health.

The organization holds accreditations for the quality of its management system of healthcare services, information security, occupational health and safety and in managing innovation.

We are proud to be founding members of the Cyprus Social Responsibility Network, member of the UN Global Compact and European Network for Workplace Health Promotion.



VIRTUAL CLINIC

Medical Tele -
Consultations
Second Medical
Opinion
Mental Health
Counseling
Tele - Rehabilitation



HOME HEALTHCARE

Doctor House Calls
Advanced Nursing
Mental Health
Rehabilitation &
Transitional Care
Care giving



WORKPLACE WELLBEING

Wellness Program
Management
Occupational Health
and Wellness
Services



CONCIERGE

Patient Facilitation
Administration
Support to Medical
Professionals
Health Academy

Developing
a health and wellbeing
ecosystem
to encompass where people
live, work and play

Contact us

Telephone Lines

CY: +357 22 023550

US: +1 878 2059340

Email

info@curis.health

Website

www.curis.health

