



UN staff member getting her blood pressure checked by a nurse as part of UN Cares' wellness initiative. UN Cares

Workplace Wellness: UN Staff participate in health check-ups

24 July, Windhoek: UN Namibia staff members turned up in numbers to participate in health check-ups, conducted by InVision Wellness, a local company offering health and wellness services.

The event, organised by UN Cares, encouraged staff to get regular check-ups and lead healthy lives. It also aimed to create a positive, healthy and safe work environment for employees, which contributes positively to performance by heightening morale, improving work-life balance and increasing motivation. At the same time, it reduces absenteeism and improves employee's decision-making and productivity.

Wellness in the UN workplace falls under the mandate of UN Cares. Set out to reduce the impact of HIV on the workplace by supporting "universal access" to a comprehensive range of benefits for all UN personnel and their families, UN Cares has expanded to promoting the various dimensions of health, including physical, emotional and mental. UN Cares offers benefits known as the [10 Minimum Standards](#).

Raturua Tjindere, the UN Cares Coordinator in Namibia, advises the UN staff members that, "A healthy lifestyle not only changes one's body, it changes one's mind, attitude and mood. Every day is an opportunity to be healthier, eat better, and be the best version of oneself".

UN staff participated in several health check-ups, including a regular observation, pap smear for women and prostate exam for men. The event also included cholesterol, blood pressure and HIV testing. The tests provided staff members with a higher level of health awareness, which is indispensable in preventing chronic illnesses in the early stages.

Good health plays a large role in national and international development plans. It is highlighted through **Sustainable Development Goal (SDG) 3**, which strives to promote **'Good Health and Well-being'** for all. At the same time, Pillar 2 'Social Transformation' of the United Nations Partnership Framework (UNPAF) 2019-2023 speaks to ensuring access to quality health care.