## **Health and Wellness Policy**





The ACS is committed to provide a healthy workplace that values and enhances the health and wellness of all employees.

Consequently, through its Integrated Excellence Management System, the ACS *shall* incorporate the following principles by:

- 1. Establishing best practices for healthy eating, physical activity and wellness.
- 2. Increasing employee's knowledge and awareness on key health topics.
- 3. Promoting healthy eating and supporting employees in making healthy food choices.
- 4. Encouraging employees to take personal responsibility for their own health and wellness.
- 5. Encouraging employees to be more physically active by making provisions in the workplace for activity.
- 6. Promoting a smoke free workplace environment and supporting workers to quit smoking.
- 7. Engaging with other stakeholders to support employee's wellness through workplace good practices.
- 8. Identifying and complying with laws and regulatory requirements of the country of operation and other internationally recommended standards.

Guennady Tryukhan, General Director