

| Health matrix | Priority targetgroups | General population | Own employees |
|--|---|---|--|
| Information & Sensibilisation | <p>Playing an educational game about breast cancer screening</p> <p>An article in the magazine of the municipality about fallprevention for seniors</p> | <p>A poster campaign on mental health</p> <p>A pink ribbon action at the weekly market</p> | <p>A 10 000 steps competition between employees of different municipal services.</p> <p>A workshop on mental well-being at work</p> |
| Structural measures | <p>Providing fruit and tap water in the municipal childcare</p> <p>Organizing a telephone chain for seniors living alone against loneliness</p> | <p>A well-developed bicycle path network</p> <p>The construction of a municipal allotment.</p> | <p>a shower for bicycle commuters.</p> <p>Providing Provision of ergonomic furniture for the employees.</p> |
| Regulations and agreements | <p>Making agreements between the Public Welfare Center, the Center for Mental Health and General practitioners</p> | <p>Financial intervention in the membership fee at a local sports club.</p> <p>Making clear agreements with the police about the environmental enforcement.</p> | <p>Service Exemption for female employees who allow themselves to screen for breast cancer.</p> <p>Financial intervention amends for obese employees dietician consultations</p> |
| Care and coaching | <p>Psychological consultations at the Public Welfare Center</p> <p>Organizing a smoking cessation course in the municipality.</p> | <p>Giving personalized exercise advice to residents by a municipal movement coach.</p> | <p>appoint a trustee within the municipal administration.</p> |