

Annual Health Check-Up (Voluntary)

At Caterpillar, we believe that the health and well-being of our employees are paramount to our success. We are committed to providing you with the necessary resources and support to maintain a healthy lifestyle. This handbook outlines the annual health check-up program, which is designed to promote preventive care, early detection of health issues, and overall well-being.

Purpose

- To encourage regular health check-ups and preventive care.
- To provide access to essential health services.
- To promote a healthier workforce.

Eligibility

- All India S&M and Production Employees (regular) are eligible to participate in the annual health check-up program.
- Considering a mandatory Health Check-up is required before joining of Organization, new hire will be eligible on 1st of succeeding month, after completion of 1 year in the organization

Benefits

- **Preventive Care:** Early detection of potential health problems.
- **Personalized Health Advice:** Recommendations based on individual health needs.
- **Peace of Mind:** Knowing that your health is being monitored.
- **Improved Productivity:** Enhanced well-being leads to better focus and performance.

Check-up Schedule

- Annual check-ups are recommended once in a calendar year.

Check-up Components

- **Physical Examination:** Includes blood pressure, height, weight, and other vital signs.
- **Lab Tests:** May include blood tests, urine tests, and other screenings.
- **Consultations:** Opportunity to discuss health concerns with a healthcare professional.

Appointment Booking

- To schedule an appointment, Employees to register via - Online app-based application | Offline Help desk process - Visit: <https://www.medibuddy.in/>
- Appointment booking system is open around the clock (24*7)

Confidentiality

- All health information is treated with strict confidentiality in accordance with applicable laws and regulations.

Conclusion

We encourage you to take advantage of this valuable benefit and prioritize your health. By participating in regular check-ups, you are taking a proactive step toward a healthier and happier life.