

10<sup>th</sup> June 2024

As the Codan Health Improvement Program (CHIP) comes to a close for the year, we would like to acknowledge and celebrate the incredible participation from all of our employees globally. The program aims to have a positive impact on individuals mental and physical wellbeing by encouraging people to take part in short health checks, fitness and wellness activities onsite, and promote healthy eating.

Fresh fruits were made available in all of our [Zetron](#) offices globally, while Head Office in Adelaide had a nutritionist onsite to conduct individual nutrition and stress counselling sessions; and the [Domo Tactical Communications \(DTC\)](#) office in Solent embraced a wellness day, featuring zinc taste testing and body composition testing. In the Ashburn office, a walking group formed despite the cold weather, and the walking group from last year's program continued at Head Office in Adelaide. There was a fantastic turn out at the Redmond office for the Women Empower Virtual 5K in April, raising funds for 911der Women, a nonprofit charity that offers mental health and wellness resources, training, career development and outreach to 911 responders.

Thank you to everyone who participated in the program and contributed to its success. We look forward to facilitating the program next year.





