

48.0% Reduced their Total Cholesterol  
 38.7% Improved their HDL  
 35.6% Lost weight  
 42.9% Reduced their body fat %  
 43.5% Reduced their Systolic BP  
 48.6% Lowered their resting HR



## Q&A

### What is your program called?

*"World Heart Day" campaign*

*Campaign uses the World Heart Federation materials for the World Heart Day website (worldheartday.org) celebrated worldwide on September 29<sup>th</sup> (slogan, posters, leaflets, infographics for campaign promotion). This has been reportedly used first time in 2005, with regular use starting 2011.*

### How is it delivered?

*Campaign is delivered by our site doctors in 3 countries at site clinics offshore and onshore as well as in the main offices in Baku, Tbilisi and Ankara. So, all occupational health team and medical providers are involved*

*Employees have opportunity to sign for the assessment which usually last 20-30 minutes. Assessments are completed by medical personnel (nurse and doctor in main clinics; site doctors at site clinics). Doctors receive special training on system use as well as information they need to promote and advice to employees.*

*So, each assessment is complemented by professional medical advice. Employees who passed the assessment received individual reports either via email or hard copy printed. They also get numerous leaflets and small presents – small heart shaped stress relief balls or sport bags with campaign logo for example.*

## Leadership

### Dr Naila Aliyeva, MD, DOccMed, MFOMI

*Occupational health advisor working in Azerbaijan who runs "AGTR health and wellbeing calendar" since 2009. For many years Naila delivers planning, facilitation and supervision of the "World Heart Day" campaign as well as analyze and report its results.*



*"I do believe that success of this campaign is a team effort of all those involved directly and indirectly. Key factors leading to good outcomes are qualified and trained staff delivering the assessments, modern technology used for screenings, professional communication materials introduced and the last but not the least business embedding and cooperation of key stakeholders."*



Dr Hijran Jafarova, MD, MSc is working as Azerbaijan, Georgia and Turkey Region health manager since 2014. Dr Hijran leads health and wellbeing agenda in the Region and facilitates leadership engagement and support.

*"Almost 4 years ago, first time I joined the World Heart Day for checkup. The result was surprised me. In spite of I was younger, 29 years old and never smoked and drink, I was high weight (93kg), blood pressure and cholesterol. In that time, I was not live with active life. It was just alarm for me and I decided to do a small change in my life. I started play soccer once a week, later swimming, walking a lot, bike at the weekend and keep diet. A year later, the result was impressive. I managed to lost almost 8 kg and feel more health than before. Currently, I play soccer minimum 2 times a week and my weight almost the same, last 3 years. I encourage all to join World Heart day to change their life style in a healthy and positive way. We need it not only for our self but also people around us such as family. The active life also positive impact you working life."*

**Kanan Alimardanov (maintenance specialist at Shah Deniz Alpha platform) - September 29, 2017**

## How does the program work?

Overall this is one of several campaigns we do run in the Region captured in our "AGT Health and Wellbeing Calendar".

The scope of the Campaign captures whole Azerbaijan, Georgia and Turkey region and includes following activities:

- ◆ Wellness checks opportunity arranged on the workplace for BP employees and contractors at BP Baku, Tbilisi and Ankara offices (within specific announced dates) and site clinics (during a month to capture all employees per shift schedule) by company medical providers.
- ◆ Facilities include: 8 platforms offshore, 1 integrated oil and gas terminal in Azerbaijan (Sangachal Terminal), Supply base and waste operations facility (Serenja) in Baku and at stations along pipelines in Azerbaijan and Georgia onshore.
- ◆ Opportunity for Wellness checks have been granted to OH clinic located at main office (Xazar center) in Baku and made available for all clinic employees' visitors throughout the year based on risk assessment.

## Has the program made an impact ?

Yes, we have noticed the usefulness of the campaign for fitness medicals as employees receive understanding how they could stay healthy and be engaged in the work they love (offshore work or specific emergency response group have high fitness criteria including aerobic capacity test).

Campaign also helps to promote wellbeing culture in the company and motivates employees to live a healthier life. Although we have not measured if this improves retention levels, campaign is recognized as not only purely health event but overall presents company as good and caring employer. During campaign, we do actively promote all benefits available for employees and supported by HR Benefits team including medical insurance, free access to sport facilities, EAP programme or healthy food options at site canteens.

**Dr Elnur Mirzazadeh, MD, MSc, DOccMed, LFOM, GradIOSH** is working as Azerbaijan, Georgia and Turkey Region occupational health team leader and physician since 2010. Dr Elnur leads occupational health service in the Region.



**Dr Almaz Aghazada MD, MSc** is former AGTR health director (2007-2014). Currently she works as Health director in BP Upstream HSE team. Dr Almaz first time introduced the Fitech assessments for Heart Day campaign to our site clinics (CDs at that time).

## INFORMATION

### BP AGT Region

[www.bp.com/en\\_az/caspian/aboutus.html](http://www.bp.com/en_az/caspian/aboutus.html)

### Fitech Assessment System & Equipment

[www.fitech.eu](http://www.fitech.eu) | [sales@fitech.eu](mailto:sales@fitech.eu)

### World Heart Day

[www.worldheartday.org](http://www.worldheartday.org)

## PARTNERS

International SOS Clinic Azerbaijan

MediClub Azerbaijan & Georgia Clinics

The Central Oil Workers Hospital Azerbaijan

Stars Crescent Assistance in Turkey



The performance metrics represent the program population whom had multiple assessments using the Fitech Global system. The first and most recent assessment result was used to calculate change. The total sample size for this group was 1340 people.

Weight loss breakdown: 219 lost up to 2.5kg, 156 lost between 2.6Kg - 5Kg and 100 lost > 5Kg

Bodyfat reduction: 398 up to 5%, 101 between 6 – 10% and 58 > 10%