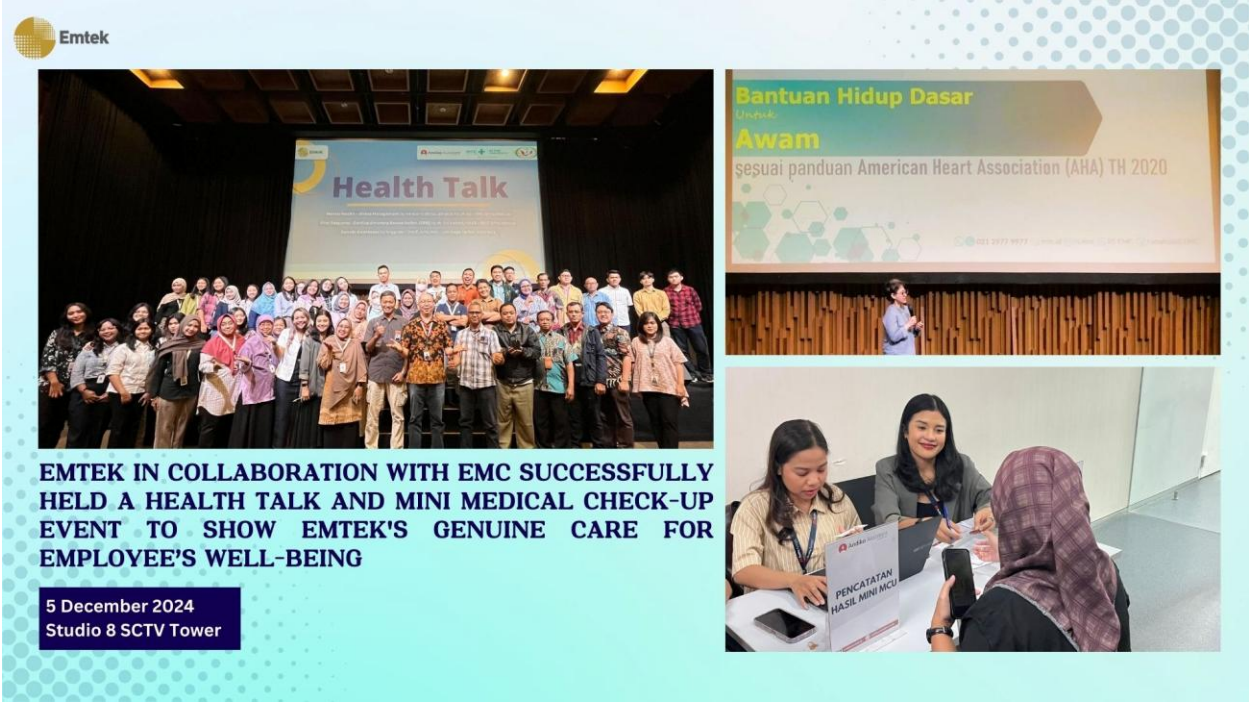
EMTEK In Collaboration with EMC Successfully Held A Health Talk & Mini Medical Check-Up Event to Show EMTEK's Genuine Care for Employee's Well-Being



Jakarta, Indonesia – PT Elang Mahkota Teknologi Tbk (IDX: EMTK, "EMTEK"), in collaboration with EMC Grha Kedoya, successfully held a free Health Talk & Mini Medical Check-Up event for all EMTEK Group employees at Studio 8 SCTV Tower, Jakarta on 10 December 2024. This event is part of EMTEK's ongoing initiative to enhance employee well-being and reinforce its commitment to fostering a healthy work environment that supports the principles of work-life balance.

The event provided employees with free medical check-up services, including tests for blood sugar, blood pressure, uric acid, and cholesterol, aiming to raise awareness about the importance of preventive healthcare. It also featured a Health Talk session covering three key topics:

- **Mental Health Stress Management**
  Delivered by EMC Grha Kedoya, this session provided practical strategies for managing stress in both professional and personal contexts. Participants engaged in a guided mini therapy practice, which they could easily replicate at home.
- **Cardiopulmonary Resuscitation (CPR)**
  Employees received essential training in CPR techniques to handle emergency situations, using equipment provided by the presenter. This hands-on session empowered participants with life-saving skills.

- **Cancer Awareness**
  Presented by the Indonesian Cancer Institute, this session emphasized early cancer detection and prevention. Employees were introduced to the SADARI self-examination method for breast cancer, equipping them with tools for early diagnosis.

These activities aimed to enhance employees' physical and mental health awareness while equipping them with actionable knowledge to maintain overall well-being.

EMTEK has consistently demonstrated its strong commitment to workplace health, safety, and well-being through various ongoing initiatives aligned with the **Sustainable Development Goals (SDGs)**. Monthly newsletters from the HR department provide practical tips on physical and mental health, safety protocols, and emergency responses, fostering a proactive approach to health management. Regular training sessions on workplace safety and emergency preparedness further highlight EMTEK's dedication to employee welfare.

In addition, EMTEK prioritizes health support through workplace facilities, such as an internal clinic staffed by professional medical personnel and first aid kits available on every floor to address immediate health concerns effectively. These efforts directly contribute to SDG 3 (Good Health and Well-being) by promoting health education, early detection, and stress management.

For breastfeeding mothers, EMTEK offers a comfortable and private nursery room, supporting work-life balance and advancing SDG 5 (Gender Equality) by enabling women to balance their careers with family responsibilities. This initiative encourages greater female workforce participation and inclusion.

Through these efforts, EMTEK fosters a safe, inclusive, and sustainable workplace environment, furthering SDG 8 (Decent Work and Economic Growth) by creating a secure and productive work culture that enhances employee satisfaction and contributes to economic growth.

Together, these initiatives reflect EMTEK's dedication to building a safe, inclusive, and sustainable workplace. By continually prioritizing employee health and safety, EMTEK not only cultivates a productive workplace but also reinforces its commitment to the global SDG agenda. These actions embody EMTEK's vision of a sustainable future, delivering positive impacts for both employees and society at large.

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