



FAQS

Who are the beneficiaries of the special screening campaign?

The special cancer screening campaign is aimed exclusively at the employees of companies that apply the CCNL for the logistics, freight and transport sector and that are members of the Sanilog Fund.

How long does the special screening campaign run for?

From 1 June to 31 December 2024.

Where do I go for the special screening campaign?

At any UniSalute partner facility (you can find a list at <https://www.unisalute.it/rete-convenzionata/>). The services are free of charge.

What other preventive services does the Sanilog Fund include?

Find out about all the preventive services already included in the Sanilog basic health plan at the following link (<https://www.sanilog.info/portfolio-articoli/pacchetto-prevenzione/>).

Where can I find more information?

For more information, visit the Sanilog website at www.fondosanilog.info or write to info@fondosanilog.it.

Good prevention starts with awareness about your personal health conditions: follow the golden rules for effective change and update your goals diary regularly!



- Build your health day by day starting with the goals that are easiest to achieve.
- Mental and physical well-being is an uphill and downhill journey of many steps so never lose heart.
- Everyone can improve their mental and physical well-being by setting simple concrete goals, within their reach. For example, if you think any of the above recommendations are too hard for you, try tackling them one at a time, beginning with the ones you find easiest for you.
- You can make change happen without necessarily having to give up on pleasure. By persisting and persevering, you'll find that the feelings you associated with deprivation and sadness will gradually and eventually give way to new and more positive feelings.
- In moments of weakness, the best therapy is to indulge ourselves. So, you might consider "transgressing" every once in a while. Don't worry too much about a single transgression, if you consistently stick to your plan. Your conscience will experience it simply as a small blip in the process of achieving your goal.
- You can achieve your goals by following a regular path, step by step.
- The workplace too is one of many places where you can take care of your health and it should be "used" accordingly to improve your life.
- Protecting your health is an investment for the community and, as such, a right that should be defended, guaranteed and supported, also through proactive participation.

Diary

INTERVIEW DATE
PREVENTION
<input type="checkbox"/> Cardiovascular <input type="checkbox"/> Breast <input type="checkbox"/> Prostate <input type="checkbox"/> Other
HEALTH OBJECTIVE
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