



/ People

THE KEY TO SUCCESS

Double
award winner!

Best New Medical
Resort

Best Medical
Concept

Strengthen potential with incentives!
For greater wellbeing, resilience and
performance at work and in life

/ Successful Companies Invest in Healthy Incentives

Forward-thinking organisations continually seek to enhance performance and foster development. Showing genuine appreciation for executives, managers and employees positively influences the entire workplace culture – which, in turn, benefits partners and clients alike.

For your company to achieve sustainable success, you need a healthy, high-performing team – from top management and department heads to every employee. You can actively shape this success factor yourself – and we offer you an outstanding opportunity to do just that.

/ Medical Wellness for Greater Resilience

Today’s professional world is shaped by time pressure, digital workflows, packed schedules and high stress levels. Targeted preventive and stress-reduction programmes, combined with greater awareness of personal health, help build resilience and enhance performance.

Mount Med Resort delivers a forward-thinking approach to **preventive and nutritional medicine, performance enhancement and stress management**. Our experienced Medical Spa team provides expert guidance for a healthier lifestyle – helping you reduce stress, gain fresh perspective and discover strategies for lasting inner calm.

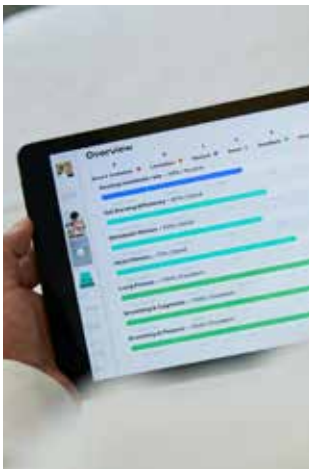
Holistic prevention – scientific method

- Personalised support
- Sustainable outcomes
- Unlock your true potential
- Improve your quality of life

Set in the unspoilt natural beauty of Wildschönau and backed by excellent infrastructure, Mount Med Resort offers the ideal setting for a health-focused incentive.

/ Lasting Benefits

- ✓ Proactive prevention and improved personal health
- ✓ Reduced physical and mental strain
- ✓ Disease prevention
- ✓ Support for health-conscious leadership and lifestyle habits
- ✓ Stronger group cohesion and team dynamics
- ✓ Encouragement of continuous learning and personal growth
- ✓ Motivation through movement and the healing power of nature



/ Mount Med Resort Corporate Health Academy

Shared health initiatives not only enhance wellbeing, but also strengthen team cohesion, highlight individual potential, and support a lasting, positive company image.

With Mount Med Resort, you gain a professional partner for delivering targeted prevention programmes – from back health to stress management. Our comprehensive health check focuses on personal wellbeing and inspires lasting lifestyle changes.

/ Infrastructure

- 60 rooms & suites
- Tenne Lounge with gallery – a social hub for connection and exchange
- Historic *Stuben*
- Aurea fine dining in the atmospheric vaulted cellar
- iCOOK Atelier for cookery classes & nutrition talks
- 3,500sqm spa with pools, sauna area & relaxation zones
- Fitness Loft with medical fitness equipment
- Chalet Collection of 14 exclusive chalet suites
- Ortho & Physio gallery – specialist care in orthopaedics & sports medicine
- Impulse studio for yoga, exercise classes & talks
- Transformational spaces for the mind
- Top physicians, coaches and instructors



/ Incentive Offer Example

- ✓ 2 nights in a resort room
- ✓ Cook for Health full board – three nutritious meals daily
- ✓ Introductory talk by the health concierge
- ✓ 1 medical consultation (25 minutes)
- ✓ 1 holistic 3D body analysis
- ✓ 1 metabolic test to assess key health markers
- ✓ 1 group exercise session (50 minutes)
- ✓ 1 holistic treatment (50 minutes)

Total price from
€1,275
pp
in a single room

/ We would be delighted to create a bespoke health incentive programme for you

Fixed Components

Welcome on Arrival

Introduction and onboarding by your health concierge on the day of arrival – your personal guide throughout your business health programme.

Cook for Health Cuisine

Shared, healthy enjoyment with Mylife Changer® nutrition: Breakfast, lunch and dinner.

Feedback Round

Final round-table session for feedback and summary.

Holistic 3D Body Analysis

Capture of key physical metrics.

Medical History Consultation

Doctor-led consultation including review of test results.

Metabolic Testing

To assess key health markers – including biological age, cardiovascular and respiratory fitness, metabolic function and fat-burning efficiency.

Flexi Components at an additional cost

Energy & Relaxation

Holistic treatments and biohacks designed to reduce stress, promote relaxation and boost cognitive performance.

Mindset Lab

Mind Coaching Sessions

Peak performance with the right mindset and effective skills.
Stress management and motivation boost through the power of mindset and effective skills.

Corporate Fitness Performance

Exercise Coaching Sessions

Body Wake-Up.
Effective training to sustainably improve fitness and performance.
Focused prevention of musculoskeletal issues through effective exercise.

Seize Your Chance for Change

Inspiring & Informative Mylife Changer® Talk

Your personal longevity and performance resources.

iCOOK Smart Cookery Class

Healthy Bites to power your business day.

✓ **Enquire Now**

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