INDIGO
HEALTH SERVICES
AT CREDIT SUISSE

# INVEST IN YOUR HEALTH

## General information on the sports zone in Europaallee

### Access authorization
Access and use of the drying room, changing rooms, and showers are free of charge. Access to the Health Club is subject to paid membership and is punishable in the event of misuse.

### Opening hours
The changing rooms, showers, and the fitness room are open for use during the following times:
Monday to Friday, from 05:00 to 24:00
Saturday and Sunday, from 09:00 to 19:00

### Changing rooms and rental lockers
The changing room lockers for daily use on level -1 must be emptied by the end of the day. Please note that the cabinet lock opens automatically after three hours. It is also possible to rent a locker on level -2, room -2.16: A locker costs CHF 120/year
If you are interested, please contact: cs@indigofitness.ch

### Hygiene regulations
For reasons of hygiene, no clothing, laundry, or other personal items (bags, toiletry kits, shoes, etc.) may be left anywhere in the Health Club or outside the changing room lockers.

### Health Services
### Massage, nutrional advice etc.
All other health promotion offerings are available at https://cs.indigofitness.ch or on the intranet page of the Health Services Competence Center.

### Drying room – level -1
You may use the clothes lines to dry your sportswear during the following hours:
Monday to Friday, from 05:00 to 22:00
After 22:00, items left behind will be placed in the collection containers in the drying room.
These items will be disposed of if they are not collected by 17:00 the following Friday.

If you have any questions, please contact the Group Business Support Services hotline:
0800 800 400

## HEALTH SERVICES CONTACTS:

INDIGO Health Services at Credit Suisse
cs@indigofitness.ch / Tel: 044 333 21 94
(available from 09:00 – 11:00 / 15:00 – 17:00)
https://cs.indigofitness.ch

Competence Center Health Services
sport.freizeit@credit-suisse.com
http://csintra.net/hr_ch_sport/de/index.html