

In the case of questions:

Contact us!

Your job coach will be glad to help you.

Just give your job coach a call.

Your job coach would be delighted to invite you to a personal meeting and answer your questions!

Scan the QR Code:



For general information:

Project KOPF22

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padaCura app
prevention
perspective
plans

**KOPF22 - Cooperation for Prevention,
Fitness and Health in the Jobcenter**



In Kooperation mit:



Gefördert durch:



aufgrund eines Beschlusses
des Deutschen Bundestages

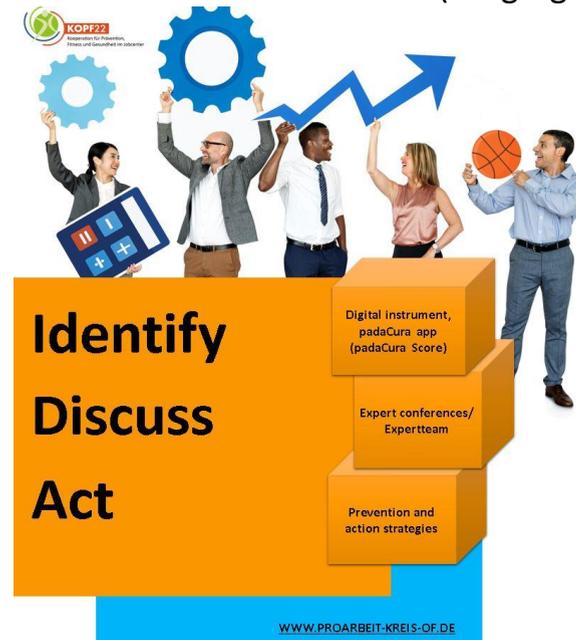


CREATING PERSPECTIVES TOGETHER

The choice is yours!

The participation in the project KOPF22 is voluntary.

Participation has no effect on the receipt of the Citizen's Income (Bürgergeld).



Our Motto:

Identify, discuss, act

The aim is to discover new possibilities to support you!

IDENTIFY

At the end of the survey, you will receive the result in the form of a 'padaCura score'. This asset helps evaluate whether it makes sense to take steps for improving your health.

DISCUSS

In KOPF22, Pro Arbeit works hand in hand with job coaches, doctors and other experts, and consultants. Working jointly, we examine each individual case and discuss how we can provide the best possible support.

ACT

We provide suggestions on how you can take best care of yourself and your health. Depending on the risk level displayed to you in the app, you can participate in our KOPF22 health project. This participation is also voluntary. The decision is completely up to you!

Why padaCura app?

This digital tool will ask you personal questions to assess your situation. Your answers will be not given further to the jobcenter. You will receive a result that will help you and us to recognize, whether you need help to keep fit and be able to work.

Together for your health!

KOPF22 is a very special project. It consists of three parts:

- padaCura app
- expertteam
- prevention and action strategies.