

Positive Social Impact

Towards Achieving Good Health and Well-being with MESTIfit4health

PETRONAS has taken a proactive step to prioritise employees' wellness towards achieving SDG 3 on Good Health and Well-being via MESTIfit4health, which is our signature programme. MESTIfit4health covers five main elements of Move Right (physical activity), Eat Right (healthy eating habit), Sleep Right (adequate and quality sleeping habit), Think Right (mental health and well-being) and Individual Right (responsibility of making healthy living as a choice to manage health risks). Among the initiatives for health risk reduction and management through MESTIfit4health are:

Think Right (Mental Health and Well-being)

Objectives

- Address psychosocial risks factors faced by employees.
- Encourage affected employees to reach out for early psychological support and reduce risk of developing mental health conditions.
- Implement and drive effective mental health and well-being interventions at the workplace.

Outcomes

- Implementation of *"Towards No Meeting"* after planned work hours reflected through leadership tone at all levels.
- Embedded knowledge in creating psychosocially safe work environment through leadership training modules.
- Upskilled 885 leaders on psychological safety and creating psychosocially safe work environment through Generative Culture programme and PETRONAS Leadership Centre's Strategic Excellence programme.
- Leaders conducted 24 sessions of Intentional Wellness Engagement or Leaders Reach Out with 12,500 employees focussing on mental health and well-being.
- 33 MIND-A-CARE Facilitators and 169 MIND-A-CARE Ambassadors trained through unique in-house MIND-A-CARE programme for early detection and intervention of psychosocial risk factors and subsequently to reduce mental health burden faced by employees.
- 5,380 employees including those at offshore facilities completed MIND-A-CARE Awareness training.
- 1,046 employees enrolled in the Individualised Coaching for Resiliency Enhancement (i-C4RE) programme to build mental health resiliency for coping with adversities/challenges and bouncing back from setbacks/failures.
- Structured Return to Work programme post prolonged mental illness leave.
- Strengthened and enhanced promotion of Employee Assistance Programme (EAP) and MyFriends with strong traction for early reach out and digital coaching.
- Achieved significant cost reduction on mental health treatment, 13.5 per cent lower (RM4.5 million) in 2022 compared to 2021 following the mental well-being interventions implemented. The risk of developing mental health conditions such as anxiety and depression potentially also reduced, with an estimated Return of Investment (ROI) at RM15.98 million.

Move Right (Physical Well-being)

Objectives

- Promote active lifestyle and foster team-work culture in prevention of non-communicable diseases.
- Support environment and community well-being.

Outcomes

- Opened 10 virtual walking trails across 10 countries, namely Brazil, Brunei, Indonesia, Iraq, Malaysia, Mexico, South Africa, Spain, Turkmenistan and United Arab Emirates.
- Achieved more than 6.4 billion steps through our virtual walking routes, exceeding the target of five billion steps.
- More than 50,000 trees have been planted at 14 sites across 11 states in Malaysia.
- Reduced approximately 200 tonnes of carbon and generated RM872,000 in income for 254 underserved people through the Walk4Trees programme in collaboration with PETRONAS Young Professionals Club (YPC).

Eat Right

Objectives

- Prevent occurrence of food poisoning incidents.
- Establish strong collaboration with the government and other stakeholders including the Ministry of Health Malaysia (MOH), food service providers, In-house Caterers (IC) and External Caterers (EC).

Outcomes

- Continuous implementation of Food and Water Safety programme.
- Carried out timely hygiene inspections to ensure IC and EC adhered to hygiene certifications and regulatory compliance.
- Strengthened collaboration with the Food Safety and Quality Unit, MOH.
- Introduced a one-stop digital centre for Food and Water Safety Resources, which lists out verified EC and reference materials.
- Catering of food from external service providers are only allowed to be selected from the EC listed in the one-stop digital centre.

Sleep Right

Objectives

- Reduce fatigue-related incidents among PETRONAS' staff and contractors.

Outcomes

- Strengthened and implemented the Fatigue Management System (FMS) for Non-Plant high risk groups (remote onshore – pipeline right-of-way (ROW), land transport and offshore).
- The Sabah-Sarawak Gas Pipeline (SSGP) emerged as the first non-plant to implement FMS across all our operations and businesses where Global Positioning System (GPS) mobile application was introduced in areas without internet connection.

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MOVE RIGHT!

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EAT RIGHT!

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SLEEP RIGHT!

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THINK RIGHT!

I

INDIVIDUAL RIGHT!

