

## Press Release

### **Pylones Hellas with "be FIT" program awarded with the "Bronze HR Award"**

**Athens, Greece – 16 October 2019** – Pylones Hellas, a provider of advanced ITC solutions to medium and large enterprises, with presence for more than 20 years in Greece, Cyprus and the Balkans, awarded with the **bronze HR award** in the **Excellence in Workplace Well-being** category in the context of the 5th annual HR Awards event.

The company participated in one of the most reputable awards, dedicated to human resources initiatives, submitting its nomination in the "**Health & Well-Being**" section with the "**be FIT**" program.

"**be FIT**" is a comprehensive program of training, exercise and wellness activities, implemented in indoor and outdoor workplaces, through a variety of actions. Examples of these include:

- Trainings and presentations on healthy diet, alternative exercise, smoking cessation and first aid.
- Benefits related to fitness classes, trips and tickets to music and sports events. These benefits related to exercise, relaxation and well-being and are linked to the company's rating system.
- Participation in sport events or organizing in-house activities related to sport and social contribution (eg Spetsathlon team, ping-pong charity tournament etc.).
- Design of a recreation area that offers employees relaxation, helping them to maintain a good work environment.
- Organize frequent eating interventions with daily distribution of healthy snacks and establishment of "Eat IT - Brunch & Chat" events twice a month.

The above actions were positively evaluated by Boussias Communications HR Awards Committee. The awards took place at a spectacular ceremony on 14<sup>th</sup> of October, at one of the most luxurious hotels in Athens.

The award received on behalf of Pylones Hellas by ms. **Nelli Dedemadi**, HR & Internal Branding Coordinator and mr. **Alexandros Vafeiadis**, Marketing Coordinator of the company, who emphasized that "... the company has designed and integrated a comprehensive "be FIT" approach to enhance health, physical, emotional and social well-being of its people. The company constantly urges employees to make suggestions on issues related to improving their daily routine and well being. The majority of these proposals are applied in a way that encourages all of us to stay physically and emotionally healthy through a series of constantly evolving actions.

## About Pylones Hellas

Pylones Hellas, member of the Cypriot group P.M.Tseriotis Ltd, is active for more than 20 years in the field of digital technologies and internet security. The company combines the services of both IT systems integrator and IT security integrator, consisting a pioneer IT provider for the Greek market. Based on three significant pillars Security, Optimization and High Availability, Pylones Hellas provides cutting-edge technology solutions, on any scale, in multiple demanding sectors such as Telecommunications, Hotels, Financial institutions and companies that base their business on the Internet, while continuing updating its customers' Information Technology Infrastructure, to provide, in turn, a high level of digital services to their customers. Strategic partners of Pylones Hellas are F5 Networks, HPE, IBM and Microsoft offering numerous solutions in areas such as security, wired and wireless networks, storage, business critical systems, datacenters and cloud.

For more information please visit: [www.pylones.gr](http://www.pylones.gr) | [LinkedIn](#) | [Facebook Page](#) | [YouTube](#)

## About HR Awards

The HR Awards organized for 5th consecutive year by HR Professional magazine and Boussias Communications, with the aim of highlighting the HR initiatives, practices and policies in our country. For more information, visit: <http://www.hrwards.gr>

### For more details, please contact:

Mr Alexandros Vafeiadis: Marketing & Communication Office Tel. 210-7483700 | Fax 210-7480196 | E-mail: [avafeiadis@pylones.gr](mailto:avafeiadis@pylones.gr).