

Heiko Kotte

AOK PLUS – Die Gesundheitskasse für
Sachsen und Thüringen.



Health Promotion as an overall social task

Profil

1988-1992

1994-1998

1998-2014

2014-dato

University Leipzig, Diplom “Sportwissenschaft/
Freizeit- und Breitensport
AOK Dresden, sport- and movement consulting
AOK Sachsen/ Plus, consultant “occupational health
promotion”
AOK Plus, head of health promotion

Research theme

- Health promotion in environment
- Occupational health promotion
- Individual health promotion (primary prevention and secondary prevention)
- Self-help promotion
- Health promotion in inpatient care facilities

Publications

Buruck, G., Brom, S.S., Kotte, H., & Richter, P. (2015). Evaluierung von Gesundheitspräventionen in der stationären Altenpflege. In Badura, B., Ducki, A., Schröder, H., Klose, J. & Meyer, M. (Hrsg.), Fehlzeitenreport 2015 - Neue Wege für mehr Gesundheit - Qualitätsstandards für ein zielgruppenspezifisches Gesundheitsmanagement. Springer Verlag. Berlin, Heidelberg.

Kotte, H. interviewt von Mallek-Klein, I. (2017). Mit Matte ins Büro. In ‚Wirtschaft in Sachsen‘, Ausg. Frühjahr 2017 (17-03), DDV-Mediengruppe (Hrsg.)

Professional environment

The strategic and conceptual orientation of the AOK PLUS counseling service in all health promotion processes, structuring the nationwide structures and processes for implementing the state framework agreements (according to the PräVg)

Expertise

Process consulting and project management for health management in living environments; Analysis, goal setting, action planning, implementation and securing of results, initiation and moderation of labor and tax bodies, networking

Vision

Implementing health promotion as a task for society as a whole: To reach people in their worlds even better than before in order to open up health opportunities as equal as possible to them and to increase their health literacy.