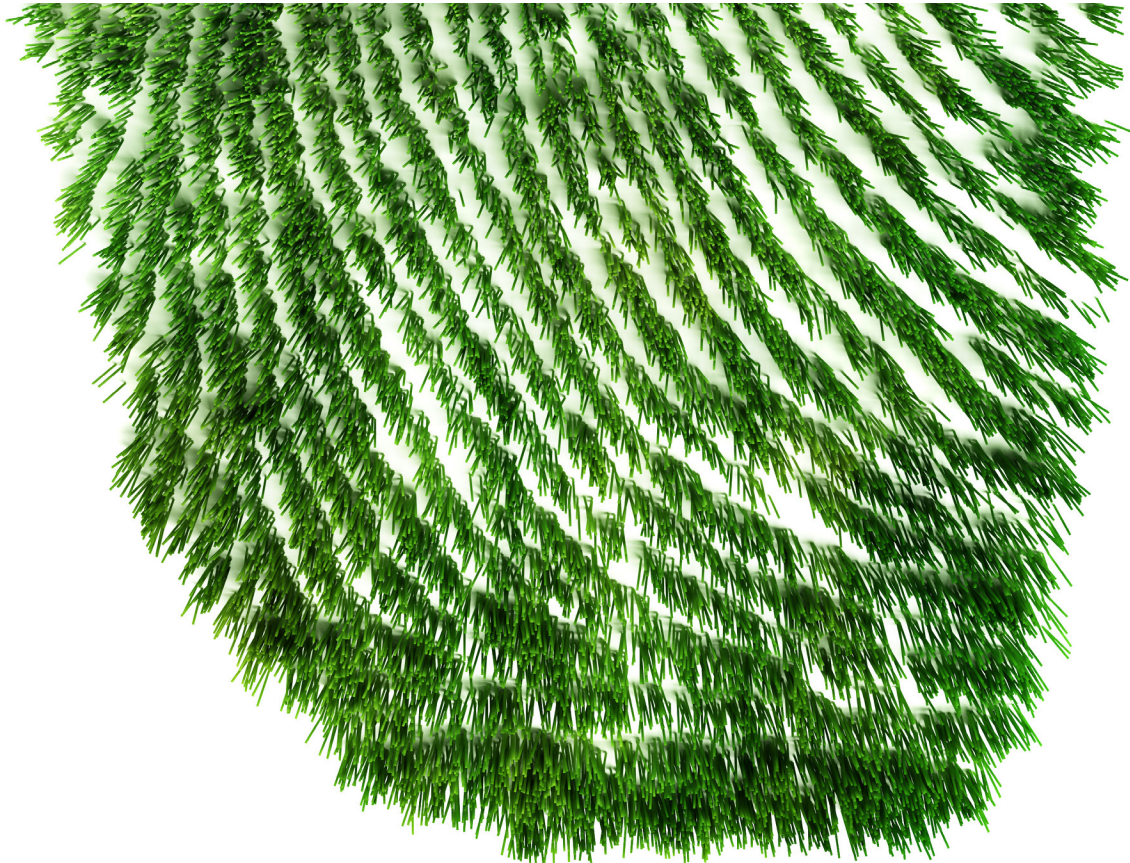
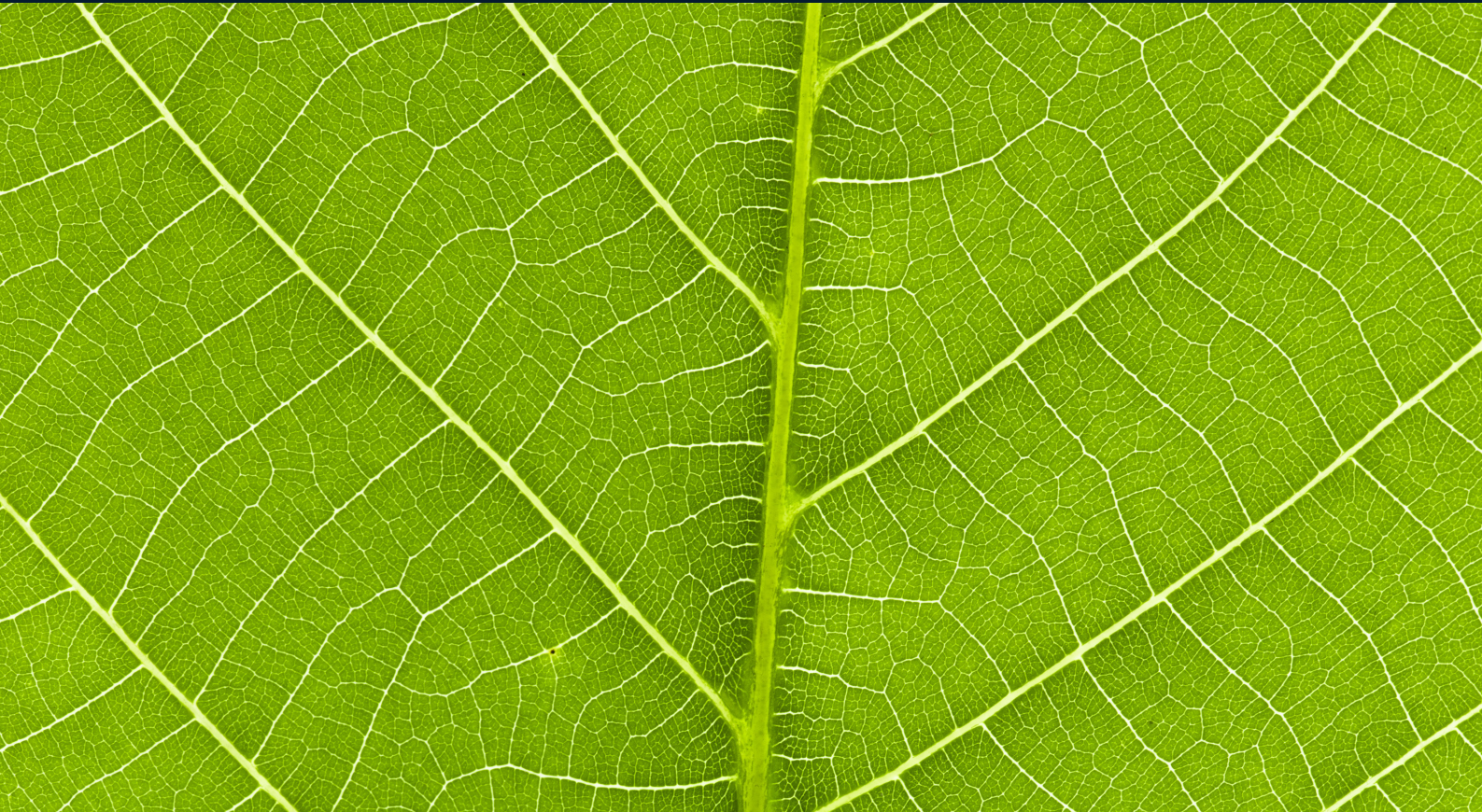


Environment

The importance of caring for our environment





Environmental awareness





What is environmental awareness?

It is a general philosophy, a social movement and, ultimately, "an attitude towards life" that cares about the conservation of the environment and the improvement of its state.

In recent years, it has become particularly important, because human action is having a direct and negative impact on the environment.

Climate change is already a reality with serious consequences, including deforestation, lack of access to drinking water, extinction of species, etc.



What can I do in my daily life?

Use it,
waste it,
fix it
or make do
without it.





Electricity

- Reduce the hours of electricity and air conditioning consumption.
- Replace conventional lighting with LEDs: lighting an incandescent bulb for 3 hours a day would cost about 6 times more than an LED bulb.
- Take the stairs; you will exercise and reduce energy consumption.
- Consider installing photovoltaic panels.



Paper

- Reduce paper printing.
- Use certified sustainable forest management paper (FSC or PEFC).
- Inform your suppliers not to send you documents by post.
- Do not buy what you do not need.



Water

- Turn off taps when not using water (running water while brushing your teeth is equivalent to 60 glasses of water).
- Replace conventional taps with automatic taps.
- Repair taps: one drop per second equals 30 l of lost water.



Plastic

- Use reusable bottles and refill them with tap water, where water quality allows this.
- Replace plastics with recycled or multipurpose materials: a bag that sits in your hands for 10 minutes remains in the environment for 400 years.

What can I do in my daily life?



Others

- Use a Sigre point (collection of expired leftover drugs).
- Avoid unnecessary trips and walk or cycle, whenever possible. If necessary, prioritise public transport over private transport and opt for the most eco-friendly automotive options.
- Avoid food waste; it generates a lot of greenhouse gases (GHG), such as CO2. If we were to put on a surface the size of the waste generated, it would rank third after China and the US.
- Recycle. Take waste management seriously. At our clinics, for example, we feature companies specialising in the management of the biomedical waste we generate. In your daily life, you can also do your part to separate the different types of waste.



Our **ECO**  plan





Dissemination, awareness and company culture



Initiatives, contests and in-house events on key dates throughout the year

3

March

World Nature Day

28

June

World Tree Day

22

April

Earth Day

21

October

World Energy Conservation Day

17

May

World Recycling Day

24

October

International Day Against Climate Change

5

June

World Environment Day



Dissemination channels



Website

Publication of the "Eco Manifesto" within the "Ethics at Miranza" section.



SN

We are not only committed to the health and wellbeing of society's eyes, but we also want to contribute to improving people's quality of life, which means taking joint responsibility for caring for the planet. We take this on board and incorporate this narrative in our messages on social networks.



Miranzalia

We share the **Eco Manifesto** with all staff through our internal communication platform: Miranzalia. We also encourage the involvement, participation and awareness of staff by means of news about ecology, documents, competitions ...



Ongoing initiatives



EcoChallenge

For a month, all employees are invited to submit ecological proposals to be implemented at the Miranza centres. A jury will choose the winning proposal(s) (maximum 5), which will be implemented with a schedule and a protocol at all Miranza centres. The winners will receive a prize voucher to fill "an ecological shopping basket".



A life to see, a planet to care for

Photo contest + messages of particular initiatives that Miranza members carry out at home or in their daily lives and that can inspire others to adopt more ecological habits, such as having a small vegetable garden, sharing a car, baking bread at home, etc.



We stand them up

On World Tree Day (28 June), all centres are invited to find a space to plant a tree, either on the clinic premises or as close as possible.



At Miranza, we measure a series of indicators on the environmental impact of our centres, analysing energy and water consumption, recycling, CO2 emissions and hazardous waste management. The aim is to reduce them every year. We rely on your help to achieve this.



ECOMIRANZA