



Cotemar receives recognition as a Responsibly Healthy Organization

April 10, 2023

Mexico City, Mexico. Today, **Grupo Cotemar** announced that it has received the “**Responsibly Healthy Organization**” Award (ORS®, Spanish acronym,) from the Health and Wellbeing Business Council (CESyB, Spanish acronym) where the company **once again excelled** in the “Sustainability” category.

In recognition of its leadership and good example, the company received this award for promoting self-care through its **Balance Cotemar** program, which drives a self-care culture among its more than 7,200 employees on land and at sea, and focuses on building healthy lifestyle habits, both inside and outside the organization, based on four pillars: nutrition, physical activity, rest, and personal/work-life balance.

Although the Balance Cotemar program was formally launched in mid-2021, the company has been recognized by CESyB as a Responsibly Healthy Organization after implementing an occupational health program focusing on nutrition, food, and rest over a decade ago.

To award the ORS, the Health and Wellbeing Business Council (a private organization that drives information sharing, communication, and collaboration to promote self-care) performs an assessment of the program; compares best practices with benchmarks; reviews the results; ensures that program goals are reached and monitored; develops strategies to increase compliance with the program; and identifies potential growth areas.

The Balance Cotemar program promotes healthy lifestyle habits that have a positive impact on the quality of life of our employees, their families, and the stakeholders with whom we interact.

With more than 44 years of experience in the energy sector, we continue to add activities that promote a healthy and safe work environment.

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About Cotemar, S.A. de C.V.

EXPERIENCE, EFFICIENCY, DELIVERY, AND SOCIAL EMPATHY DEFINE US

We are a 100% Mexican company founded in 1979 that provides comprehensive offshore exploration and production (E&P) solutions, ranging from operational support to offshore design and construction projects.

Our experience and unique infrastructure in the Gulf of Mexico position us as the best option for our customers by collaborating with them and helping them overcome their challenges and maximizing the return on investment.

We are driven by our culture of collaboration and by turning challenges into great opportunities. We execute all our projects safely, efficiently, and on time.





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