

Health Checks



Proactive health management for individuals and organisations

Health Checks are an important component of the health and wellbeing programs that Australian organisations provide to their employees. Health Checks empower individuals to be proactive about their health while helping the organisation to understand their risk profile.

Only once an individual and an organisation understands their specific risks can effective health and wellbeing strategies be introduced and encouraged.

From the Health Check your employees will:

1. Understand their physical health risks
2. Understand their mental health risks
3. Receive personalised health coaching
4. Have access to our online resource portal

These four things, when used together, empower employees to make specific lifestyle changes to decrease their health risks.

When your employees experience the onsite checks, you can be confident their health results and recommendations are benchmarked to Australian Health Industry Norms. Any employee that is found to be outside these norms will be referred to their GP for further consultation.

If you implement annual or multiple assessments, we will supply comparative data reporting. Your employees will also be able to track changes to the physical and mental health.

Did you know?

Healthy workers are almost three times more productive than their unhealthy colleagues, who take up to nine times the amount of sick leave each year.
www.medibank.com.au



Understand your organisational health risk profile

My Health Portal is used to securely store employee and company health data.

Your organisation will:

- Have access to a real-time dashboard where you can access de-identified health check outcomes
- Be able to easily interpret dashboard graphs and analyse results by agreed demographics
- See a traffic light report that makes actioning recommendations easy with low, moderate and high risk demographic categories clearly visible
- Receive a Health Check report that includes recommendations for addressing the highest identified health risks.





Health & Lifestyle Check

15min

This check includes:

- Essentials Lifestyle Indicators Questionnaire
 - Mental Health - DASS21
 - Diet
 - Exercise
 - Sleep
 - Smoking & Alcohol
- Blood pressure
- Cholesterol – HDL / Total
- Blood Glucose
- BMI & Body Composition
- Results Consultation
- Health Coaching



Healthy Heart Check

10min

This check includes:

- Blood pressure
- Cholesterol – HDL / Total
- Blood Glucose
- BMI & Body Composition
- Results Consultation
- Health & Lifestyle Coaching



Support all of your employees

We offer an **online Health Check** option for any remote, regional, on-road or small office locations. The online Health Check (HBMA) assesses CVD and Type 2 Diabetes Risks and includes the Lifestyle Indicators Questionnaire. This health data is included in your company report. You can also offer telehealth consultations to support the employees.

How it all works

We understand and tailor your Health Check Plan (type of health check, onsite and online), answer FAQ, define key dates and demographic categories for reporting.



Your dedicated Program Manager (PM) will meet with you to understand program goals, key milestones and communication preferences. A personalised program plan will be developed.



Receive all marketing materials and personalised program plan.



Launch your program. We recommend a three to four week promotion period – allowing for optimised engagement.



Employees book in for their check and complete online component prior to onsite check – allowing more targeted health coaching.



Receive your live log in to monitor your program progress. This is a good time to re-assess engagement and re-evaluate promotion material with your PM.



Your PM will debrief you on assessment results and you will receive recommendations to target and address the top identified health risks.



The resource portal is accessible for four weeks post health check for continued employee support.

Want to know more?

Please get in touch about this or any of our other health and wellbeing programs.

1300 245 203

hello@healthatwork.net.au

healthatwork.net.au

