

OUR WORKPLACE WELLNESS PACKAGES

My health for life is a holistic program that can help employees improve their overall wellbeing while reducing their risk factors for stroke, heart disease and type 2 diabetes. It begins with the free *My health for life* health check. The health check is open to all adult Queenslanders who want to gain insight into how their health is tracking. At the end of the health check, participants are offered a suitable program option determined by their risk score.

PACKAGE ONE

Online health checks and active promotion of flexible program options

- Health checks are done online using our free, easy to use health check tool - using a unique workplace code.
- Eligible employees are invited to join the full healthy lifestyle program via a locally run group-based or video-conferencing program, or telephone health coaching.
- Other program options are available to anyone who may not be eligible for the full healthy lifestyle program. This includes our On Track option - self-paced learning for healthier habits, and access to our Living Well library, with film clips, articles and resources.
- Other flexible options to complete a health check include: video-conference presentation with a guided health check; one-on-one health check via video-conference; manually on paper; and via the phone.

PACKAGE TWO

Health check event at your workplace and active promotion of flexible program options

- Our health team comes to the workplace at a dedicated day/time to undertake a health check event on-site.
- Checks are confidential. During the appointment a team member will help explain the results and provide guidance on how to lessen risk factors for chronic disease, as well as information on a range of programs and services that support good health outcomes.
- Eligible employees are invited to join the full healthy lifestyle program via a locally run group-based or video-conferencing program, or telephone health coaching.
- Other program options are available to anyone who may not be eligible for the full healthy lifestyle program. This includes our On Track option - self-paced learning for healthier habits, and access to our Living Well library, with film clips, articles and resources.

PACKAGE THREE

Run the full healthy lifestyle program at your workplace

- Choose a health check option from package one or two above.
- Run the full healthy lifestyle program on-site with a qualified coach either on-site or via video-conferencing. Sessions can be run either weekly (1 hour a week for 10 sessions) or fortnightly (2 hours a fortnight for 6 sessions). Dates, times, and frequency is decided in consultation with the employer to meet organisational needs.
- Other program options are available to anyone who may not be eligible for the full healthy lifestyle program. This includes our On Track option - self-paced learning for healthier habits, and access to our Living Well library, with film clips, articles and resources.

Note: a minimum number of employee participation may be required for each package option. Please discuss this further with our team for more details.

WORKPLACE WELLNESS PROGRAM



EXPRESSION OF INTEREST FORM

Please complete and submit the following to work@myhealthforlife.com.au and our friendly team will be in touch to discuss your needs further, or alternatively, call us on 13 74 75.

CONTACT INFORMATION

Company name:

Contact person:

Contact role:

Contact phone: Contact email:

Do you have an existing workplace health and wellbeing policy? Yes No

Does management support the undertaking of a workplace wellness program? Yes No

YOUR WORKFORCE

Location:

Number of employees: Hours of operation:

Demographics: (male/female/age)

MY HEALTH FOR LIFE PACKAGE

My health for life offers a variety of packages to support workplaces. Is there a Workplace Wellness package your workforce is interested in?

Package one Package two Package three Looking for other options

STRATEGY DEVELOPMENT - HEALTHY WORKERS INITIATIVE

In addition to undertaking health checks, would you like help with developing an overall workplace health and wellbeing strategy?

Yes. (We will pass your details onto Healthy Workers Initiative and they will be in touch directly.)

ENGAGEMENT ACTIVITIES

My health for life works closely with 10,000 Steps and BeUpstanding who can assist you to promote and support physical activity and/or group challenges in the workplace. Would you be interested in learning more?

Yes No

OTHER HEALTH SCREENING SERVICES

We can also provide information on other screening programs that may be available to your workforce. Please select from the below if you are interested in learning more.

Breast Screen Bowel Screen Other (please specify)

HEALTHIER QUEENSLAND ALLIANCE

