

My health
for life 



GOOD FOR
YOUR *workers*

GOOD FOR
YOUR *workplace*

HEALTHIER QUEENSLAND ALLIANCE



FREE QUALIFIED *health coaches* FOR YOUR EMPLOYEES

Funded by State Government and is free to participants

Free Health Checks available to all staff

Coaching Support for at-risk staff

Flexible delivery options via phone, face-to-face, virtual or in-language

Reporting, to assist wellbeing planning and evaluation

The benefits of supporting your workers' health and fostering a culture of healthy choices are widely documented and overwhelmingly positive.

In fact, many studies have shown results ranging from increased productivity, improved teamwork, and higher morale to elevated job satisfaction, lower absenteeism, and even boosts to a company's image. And, with Queensland Health revealing that nearly half of Queenslanders (48%) reported at least one chronic condition in 2017-18, it's never been more important to make your teams' health a top business priority.

Workplace wellness initiatives can **increase productivity by 29%** and reduce: work-related ill health and absenteeism; workers' compensation costs by up to 32%; and, employee risk factors by up to 56%*.

You can find more reasons why maintaining a safe place of work is good for businesses, good for workers and good for the community, at worksafe.qld.gov.au/safety-and-prevention

BECAUSE PREVENTION IS BETTER THAN A CURE

***My health for life* is a FREE Queensland Government funded, evidence-based health initiative.**

Delivered at no cost to you or your staff, the initiative offers free Health Checks for all staff and health coaching for those at-risk of developing chronic conditions including type 2 diabetes, heart disease and stroke. The coaching series focuses on lifestyle risk factors, including nutrition, physical activity, alcohol consumption, smoking, sleep and coping well - with the support people need to make healthier choices and create healthier habits.

Funded through Health and Wellbeing Queensland, the initiative is delivered by the Healthier Queensland Alliance – a partnership, led by Diabetes Australia, that includes the Heart Foundation, Stroke Foundation, Ethnic Communities Council of Queensland (ECCQ), the Queensland Aboriginal and Islander Health Council (QAICH), and Queensland's Primary Health Networks.

WHAT *My health* *for life* CAN BRING TO **YOUR BUSINESS**

Employers have the opportunity to inspire a healthy attitude in their workforce.

Now, you can feel confident in giving your staff access to something that will positively impact their lives at work, and at home, through free Health Checks and an 18 week evidence-based lifestyle change initiative, funded by the Queensland Government through Health and Wellbeing Queensland.

We work with you to develop a plan suitable for your workforce.

Receive a toolkit with promotional material.

Free, confidential Health Checks. (We can also work with your existing health providers.)

Qualified Health Coaches to run the initiative.


18 weeks of health coaching for at-risk staff.

Tools and resources to support lifestyle changes for all staff.

Flexible delivery options, including telephone coaching and culturally or ethnically aligned groups.

Comprehensive, de-identified reporting when 20 or more staff participate.



Head to our website for more info 

MAKING OUR FREE *health coaching* WORK FOR YOU AND YOUR STAFF



This evidence-based lifestyle change initiative is a practical and effective step in allowing your staff to better understand their health risks, while supporting them to achieve their health-related goals.

The coaching series is based on the latest approaches to behavioural psychology - encouraging social support and sharing of experiences between participants, with a strong focus on cementing healthy habits.

We recognise the pivotal role you play in establishing this initiative within your business and continuing its success, which three out of four participants say they would recommend to their family and friends.



"The initiative is about reviewing, refining and improving. Taking small practical steps towards a goal to live well and feel good is what My health for life is all about."

Shane (45)
Boiler maker



WE LOOK FORWARD TO SUPPORTING YOU AND YOUR TEAM

GIVE YOUR WORKERS A LIFE-CHANGING BONUS

**ENCOURAGE YOUR
STAFF TO PARTICIPATE**

*My health
for life* 

13 74 75

myhealthforlife.com.au/workplaces

FOR ASSISTANCE AND MORE INFORMATION

Contact us at work@myhealthforlife.com.au or call **13 74 75** to talk to one of our team members.