

## Q. WHAT IS MY HEALTH FOR LIFE?

*My health for life* offers health checks for all staff and health coaching for those at high risk of developing a chronic condition including type 2 diabetes, heart disease and stroke.

FREE for you and your staff, this lifestyle change initiative helps staff understand their health, make healthier choices, and create healthier habits.

## Q. WHAT CAN MY HEALTH FOR LIFE BRING TO YOUR BUSINESS?

### Step 1: FREE Health Checks

Available to all staff 18-years and older. By completing the *My health for life* Health Check, staff learn how their demographics, health history and health behaviours influence their risk of developing chronic conditions. Results will determine if they will benefit from *My health for life* coaching or if other health initiatives may be more suitable.

#### Delivery options:

- **One-on-one appointments:** a 20-minute onsite consult with a trained health professional. Consults include blood pressure check and brief health coaching.\*
- **Education presentation:** a 30-minute virtual presentation where staff learn about the *My health for life* initiative and are taken through a guided Health Check, completed on their personal device.\*
- **Expo:** *My health for life* can set up a stall at your next expo to offer Health Checks and healthy lifestyle resources.
- **Online:** receive a workplace promotional kit to encourage staff to take the *My health for life* health check.

### Step 2: FREE Health Coaching

At-risk staff can join the *My health for life* 6-or-10 session coaching series, delivered over 18 weeks, to support them to make healthier choices and create healthier habits that reduce their risk of developing a chronic condition. A qualified Health Coach will support them throughout.

#### Delivery options:

- **Workplace group:** small groups delivered at the workplace or virtually, with times and days determined by your workplace.\*
  - Fortnightly model (2 hours/fortnight)
  - Weekly model (1 hour/week)
- **Community group:** Staff can join a local group outside of work and bring along a support person.
- **One-on-one telephone health coaching**

## DE-IDENTIFIED REPORTING

You can receive comprehensive, de-identified reports when 20 or more of your staff participate.

## Q. HOW CAN MY WORKPLACE GET INVOLVED?

Submit an expression of interest form available on [myhealthforlife.com.au/workplaces](https://myhealthforlife.com.au/workplaces) and email it through to [work@myhealthforlife.com.au](mailto:work@myhealthforlife.com.au) or call **13 74 75** to talk to one of our team members.

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

## HEALTHIER QUEENSLAND ALLIANCE

# WORKPLACE WELLNESS INITIATIVE



## EXPRESSION OF INTEREST FORM

Please complete and submit the following to [work@myhealthforlife.com.au](mailto: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:

Contact:

Role:

Phone:

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)

From the options below, please choose the preferences that are of interest to your workforce.

### MY HEALTH FOR LIFE HEALTH CHECKS

**One-on-one appointments:** a 20-minute onsite consultation with a trained health professional. Consults include blood pressure check and brief health coaching.

**Education presentation:** a 30-minute virtual presentation where staff learn about the *My health for life* initiative and are taken through a guided Health Check, completed on their personal device.

**Expo:** we can set up a stall at your next expo to offer health checks and healthy lifestyle resources.

**Online:** receive a workplace promotional kit to encourage staff to take the *My health for life* health check.

### MY HEALTH FOR LIFE HEALTH COACHING SERIES

**Workplace group:** small groups delivered at the workplace or virtually, with times and days determined by your workplace.

**Referral into:** community group or one-on-one telephone health coaching

### OTHER WORKPLACE HEALTH AND WELLBEING INITIATIVES

**Healthy Workers Initiative** to help with developing an overall workplace health and wellbeing strategy.

**10,000 Steps** and **BeUpstanding** to promote and support physical activity and/or group challenges.

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