



# Good for your people Good for your future

The benefits of supporting your workers' health  
and fostering a culture of healthier choices

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Key Partners

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Queensland  
Government

# Free qualified Health Coaches for your employees



Funded by the Qld Government and is free to participants

Free Health Checks available to all staff

Health Coaching for eligible 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 over half of Queenslanders (51.7%) were living with a chronic condition in 2022, it's never been more important to make your teams' health a top business priority\*.

Workplace wellness initiatives can increase productivity 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](https://www.worksafe.qld.gov.au/safety-and-prevention)

My health for life is a free, healthy lifestyle initiative proudly funded by the Queensland Government through Health and Wellbeing Queensland.

The initiative is led by Diabetes Australia in collaboration with Key Partners – Ethnic Communities Council of Queensland (ECCQ), Stroke Foundation, and Queensland Aboriginal and Islander Health Council (QAIHC).

Delivered at no cost to you or your staff, the initiative offers free Health Checks, health coaching, online support, and more to help staff make healthier lifestyle choices to reduce their risk of developing chronic conditions such as type 2 diabetes, heart disease and stroke.

The coaching focuses on lifestyle factors, including nutrition, physical activity, alcohol consumption, smoking, sleep and coping well - with the support people need to make healthier choices and turn them into habits that last.

**Prevention is better than a cure**

# What can My health for life bring to your business?

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

You can feel confident knowing you're providing your staff with support that positively impacts their lives - both at work and at home - through free Health Checks and a 14–18 week, evidence-based health coaching 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 run the initiative.

14-18 weeks of health coaching for eligible staff.

Tools and resources to support lifestyle changes for all staff.

Flexible delivery options, including telephone coaching and culturally adapted sessions.

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



Find out more on our website



## Making our free health coaching work for you and your staff

This free, healthy lifestyle 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 healthier 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.

**We look forward to supporting you and your team.**

“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



Encourage your staff to participate

# Give your workers a life-changing bonus

☎ 1800 00MH4L (6445) 🌐 [myhealthforlife.com.au/](https://myhealthforlife.com.au/)



**For assistance and more information**

Contact us at [work@myhealthforlife.com.au](mailto:work@myhealthforlife.com.au) or call 1800 00MH4L (6445) to talk to one of our team members.