

Why focus on workplaces?

Australians spend about one third of their lives at work. So it makes sense to consider your workplace as an important setting to improve health.

Unhealthy workers	Healthy workers
Self-rated performance 7 / 10	Self-rated performance 8.5 / 10
High-fat diet	Healthy diet
Low energy levels and poor concentration	Fit, energetic and alert
Obese or overweight	Normal body weight
Irregular sleep patterns	More attentive at work and better sleep patterns
Poor stress management techniques	Actively manage stress levels



Work health, Check

Commit to making your workplace a healthier workplace.

1. Medibank Private (2005). *The health of Australia's workforce*.
2. Health and Productivity Institute of Australia, Best Practice Guidelines - *Workplace Health in Australia*. 2010, Australian Health and Productivity Management Congress: Sydney, Australia
3. Workcover Tasmania, *Your simple guide to workplace health and wellbeing*, W. Tasmania, Editor. 2013: Hobart, Australia.

NSWMH0022 0714

Register online at gethealthyatwork.com.au

It's time to *Get Healthy at Work*

Get Healthy at Work is a NSW Government service that aims to help improve the health of working adults.

It focuses on:

- Healthy weight
- Physical activity
- Healthy eating
- Active travel
- Smoking
- Alcohol

No matter what industry you're in or the size of your workplace, everyone can benefit from the service, even if you have a health program in place already.

The service helps you to create a healthier working environment in two ways:

- by addressing individual behavioural and workplace factors contributing to poor health, and
- supporting people to achieve their personal health goals



There are many benefits to your business

Investing in workplace health offers real benefits¹ from improved staff morale, motivation and teamwork, to more alert workers. It all helps to increase job satisfaction and longevity.

- Organisations that promote health and wellness are more likely to retain staff within 12 months²
- Healthy workers have increased morale and engagement at work.³
- Healthy workers are fitter, more aware and alert, more resilient against illness, and less likely to suffer manual handling injuries and strains³
- Healthy worker programs can improve workers' health and reduce their chances of developing diseases such as diabetes.

“The minute you start taking a genuine and sincere interest in people, they start to take a more sincere interest in you.”

David Leak, Service Centre Manager, TNT Express



The *Get Healthy at Work* service offers practical advice and support to workplaces including:

A Workplace Health Program: All the tools, templates and resources you need to put together a simple action plan to address a priority health issue in your workplace. The program is available online, over the phone or at your workplace. Online tools help you to continuously review and improve health issues, one by one.

Brief Health Checks: A free and confidential service for workers, completed either online or by trained health professionals at your workplace. It offers immediate feedback about an individual's health and risk of developing type 2 diabetes and heart disease. It advises on how to make changes for better health, with referrals to lifestyle coaching programs and other health services.

**Make your workplace a healthy workplace.
Register online at gethealthyatwork.com.au**