My health for life
WHO ARE WE?

Developed and delivered by:

OUR HEALTH ALLIANCE

Funded and supported by:
WHY IS HEALTH & WELLBEING IMPORTANT IN THE WORKPLACE?

• Right thing to do?
• Improved morale and staff culture
• Improved health outcomes
  • Reduced fatigue
  • Increased productivity
  • Reduced injuries
  • Reduced sick leave

Not all employees are created equal
WHAT IS IT?
• No cost
• 6 month lifestyle program
• Behaviour change - HAPA model
• Focus on factors that influence health – e.g. nutrition, exercise, sleep, alcohol, living and coping well

HOW IS IT AVAILABLE?

210 trained health professionals delivering group-based programs
- Community
- Workplace

Telephone and videoconferencing available across Queensland

Adapted program available for Aboriginal and Torres Strait Islander and culturally and linguistically diverse communities (delivered in group and by telephone in 5 languages)
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<thead>
<tr>
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<th>WHAT DOES THE PROGRAM OFFER WORKPLACES?</th>
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<tbody>
<tr>
<td>1</td>
<td>Health checks for all staff – Referral into MH4L and support services</td>
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<td>2</td>
<td>Free 6 month health coaching program to support high risk staff</td>
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<td></td>
<td>• Workplace program – VC or on-site</td>
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<td>• Local community group - either face-to-face or via videoconferencing</td>
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<td>• One-on-one telephone health coaching</td>
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<td>De-identified reporting</td>
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OUR ACHIEVEMENTS

ACTIVITY ACROSS QLD

207,216 risk assessments have been undertaken since the program commenced

16,149 more than 16,000 Queenslanders have enrolled in the program to date

10,070 more than 9,900 participants have completed the program, and counting!

2.3% participants lost average of 2.3% of their body weight

10-20% proportion that consumed 5 or more serves of vegetables increased from 10-20%

6.4 - 4.8 average number of mentally unhealthy days decreased.

*as of 15/5/2020
QUESTIONS?

WE ARE HERE TO WORK WITH YOU TO DELIVER THE BEST OPTION FOR YOUR WORKPLACE

CONTACT

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