

Healthy Worker Package



Productivity and Financial Benefits

Direct Savings

- Reduced medical and disability costs
- Reduced Employee absenteeism
- Reduced Injury rehabilitation costs

Indirect Savings

- Decreased staff turnover
- Improved staff recruitment and retention
- Improved employee mental alertness
- Improved morale and job satisfaction
- Improving productivity & efficiency
- Enhanced corporate image
- Improved communication and work place relations

Our **Healthy Worker Package** is a 3 month program designed to promote health at all levels.

Month 1 Registration Phase

Employees are registered to our online portal by a '**Worksite Champion**'.

Month 2 Assessment Phase

Employees complete A **Personalised Lifestyle assessment** via our Online Portal. This is to assess an individual's Modifiable and Non-modifiable health risk factors.

A Personalised Health Summary is forwarded to each individual. A **Worksite Summary** of health risk factors and estimated costs of these risk factors is developed for discussion with relevant Employer staff.

Month 3 Intervention Phase

Now we have a clear picture of your workforce an intervention strategy can be developed to target those areas most likely to generate both productivity and financial benefits.

Savings have been estimated at **\$3.35 for every dollar invested** in worksite health promotion programs (Aldana 1998).

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