



GET HEALTHY AT WORK

The Basics



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

It focuses on:

- Smoking
- Healthy eating
- Physical Activity
- Active travel
- Alcohol Consumption
- Mental Wellbeing

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

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

- 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

- Organisations that promote health and wellbeing are more likely to retain staff within 12 months.¹
- Healthy workers have increased morale and engagement at work.²
- Healthy workers are fitter, more aware and alert, more resilient against illness, and less likely to suffer manual handling injuries and strains.²
- Workplace health programs can improve workers' health and reduce their chances of developing diseases such as diabetes.

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

Healthy Lifestyle Checks: A free and confidential health check completed by workers online. It offers immediate feedback about an individual's health and risk of developing type 2 diabetes, heart disease or mental ill-health, and how to make changes for better health, with referrals to lifestyle coaching programs and other health services.

A Workplace Health Program: All the tools and resources you need to put together a simple action plan to address a priority health area in your workplace. The program is available online with telephone support by the *Get Healthy at Work* team. Online tools will help you to continuously review and improve workplace health.

¹ Health and Productivity Institute of Australia, Best Practice Guidelines - Workplace Health in Australia. 2010, Australian Health and Productivity Management Congress: Sydney, Australia. ² Workcover Tasmania, Your simple guide to workplace health and wellbeing, W. Tasmania, Editor. 2013: Hobart, Australia.

