



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:

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| ■ Healthy weight | ■ Active travel |
| ■ Physical activity | ■ Smoking |
| ■ Healthy eating | ■ 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

- Organisations that promote health and wellness 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
- Healthy worker 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:

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 will 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, and how to make changes for better health, with referrals to lifestyle coaching programs and other health services.

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.

Register online at gethealthyatwork.com.au

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