



Health and Wellness Program

Creating a culture of wellbeing in
the workplace.



TRENCH CORPORATE HEALTH PROGRAMS

- **16 Yrs experience**
- **Remote and CBD**
- **<100 > 1000 employees**



BODYFLEX
TRENCH HEALTH AND FITNESS

**BELLY
BLASTER**
TRENCH HEALTH AND FITNESS

healthy heart
TRENCH HEALTH AND FITNESS

ENERGISE
TRENCH HEALTH AND FITNESS



THE AUSTRALIAN WORKPLACE

- 1/3 of waking hours spent at work
 - 28% >50 hours per week
 - 16% 50-60 hrs
 - 12% >60hrs

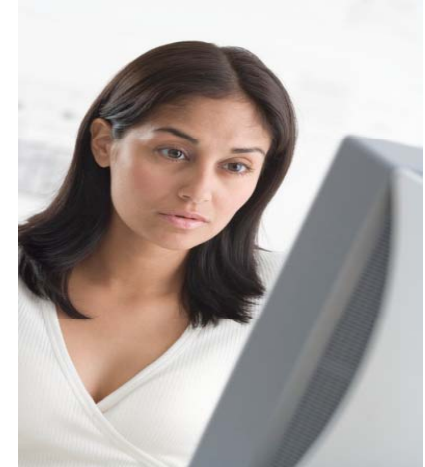
(DOCEP Work-life Balance 2005)

- Work environment is contributing to;
 - Inactive lifestyles
 - Increased stress levels
 - Alarming rates of preventable diseases



THE HEALTH PROFILE OF AUSTRALIAN EMPLOYEES

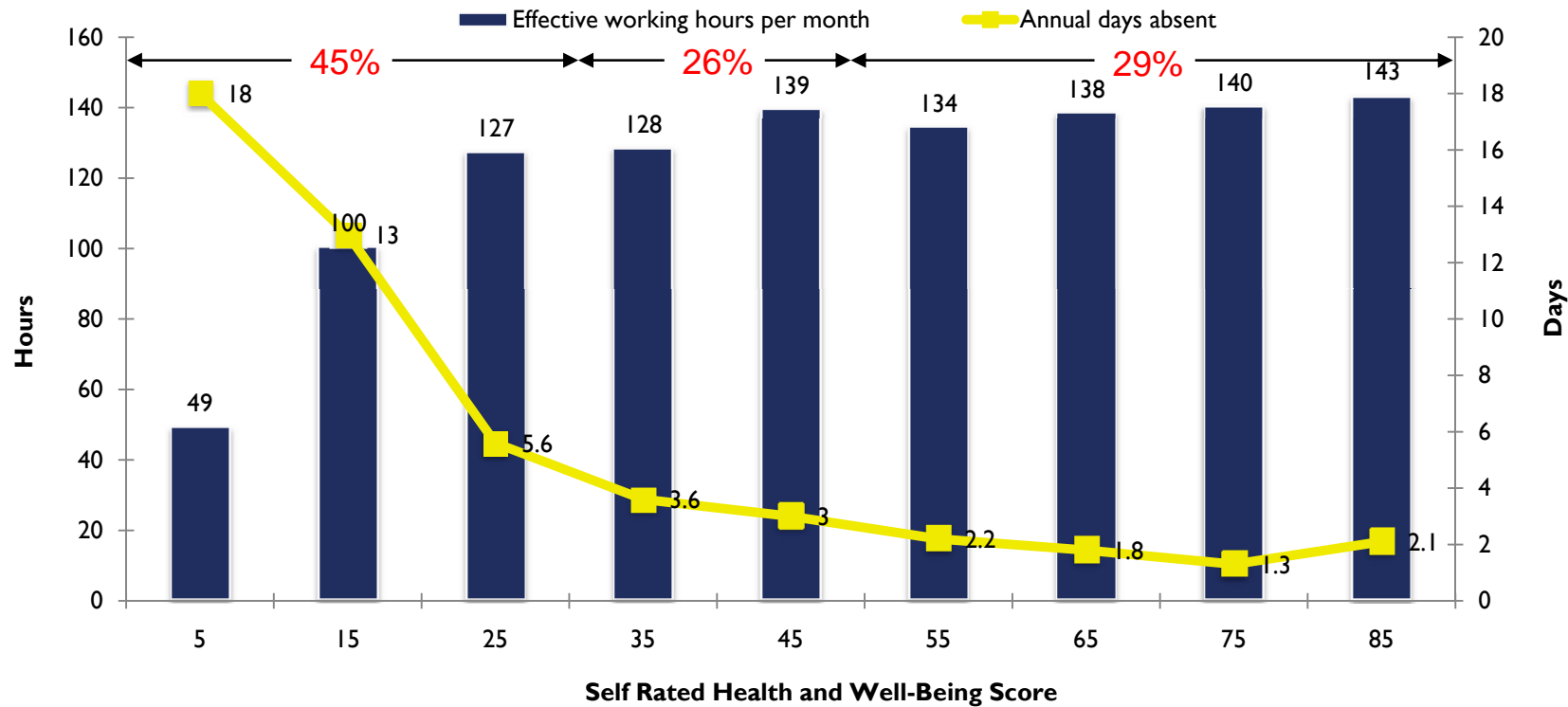
- Australian Employees do not exercise enough
- Poor Dietary Habits
- 62% of Australian workers are overweight
- More than half the Australian workforce are stressed
- 56% of the workforce are in the medium to high risk area for unhealthy behaviours.
- *Medibank Private Survey November 2005*



HEALTHY VS UNHEALTHY WORKERS

n = 3,620

Employee Health v Productivity



Medibank Private Survey November 2005

THE BENEFITS OF A HEALTHY LIFESTYLE

Healthy active individuals have:

- More energy
- Improved health
- Improved quality of life
- Improved job satisfaction
- Increased productivity
- Greater morale
- Greater concentration
- Positive engagement with colleagues and clients



CBH HEALTH AND WELLNESS PROGRAM

- Comprehensive health & lifestyle program which aims to:
 - Educate
 - Motivate
 - Guide individuals to optimal health and wellness

Mental

Physical

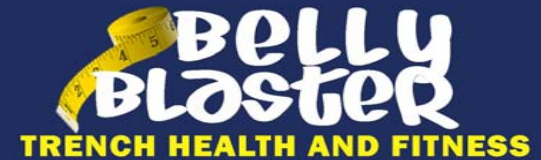
Spiritual



CBH IMPLEMENTATION



- Healthy Heart Checks
- One-on-one consults
- Exercise opportunities
- Lunch time presentations
- Workplace Challenges
- Health Campaigns
- On-line E-Health and Trench Health and Fitness Website
- Gym appraisals and programs



HEALTHY HEART CHECKS



Most Cardiovascular Diseases can be prevented by identifying current risk factors and taking steps to eliminate those factors.

Healthy Heart aims to:

- Identify your current risk factors
- Assess your probability of developing CVD
- Assist you in taking steps to make the necessary lifestyle changes to minimise your chance of developing CVD



CARDIOVASCULAR DISEASE (CVD)



CVD is the leading cause of mortality among Australian adults – 38% of all deaths.

- Significant financial and emotional costs to individuals
- Rising financial and productivity costs to business
- Ever increasing burden on the Health Care system

YOUR chance of developing CVD:
1 in 2 for males
1 in 3 for females

CARDIOVASCULAR DISEASE (CVD)



The leading risk factors associated with the development of CVD are:

- Smoking
- Inactivity
- High Blood Pressure
- Excess bodyweight
- Diabetes
- High Cholesterol

**THE MAJORITY OF
THESE RISK FACTORS
ARE PREVENTABLE**

In 2003, **90%** of Australian adults smoked, were inactive, had high blood pressure or were overweight. 25% had three or more of these risk factors.

ASSESSMENT PROTOCOLS

- **Blood Cholesterol:**
Total Cholesterol measured.
- **Blood Glucose:**
Blood Glucose Levels measured.
- **Blood Pressure:**
Measured electronically via an automated blood pressure cuff.
- **Waist-to-Hip Ratio:**
Measurements taken of waist and hip circumference, and ratio calculated.
- **Nutrition Questionnaire:**
Questionnaire completed with Exercise Physiologist to assess dietary status.
- **Risk Analysis Questionnaire:**
Questionnaire completed with EP to assess current risk factors

COMPLETELY CONFIDENTIAL

- At no time will any individual's results be disclosed to their employer or any other third party
- Collective data from all employees will be summarised, and the results used to tailor the Wellness Program according to the needs of the workforce

Individuals will not be identified



HEALTHY HEART CHECKS



Each participant has one appointment:

I. Assessment with Exercise Physiologist: 20 minutes

- Overnight Fast
- Blood Glucose and Cholesterol (Total, LDL, HDL)
- Blood Pressure
- Waist-to-hip ratio
- Risk analysis questionnaire covering lifestyle factors such as smoking, exercise status and family health history
- Nutrition analysis
- Referral to GP if required

APPOINTMENT TIMES



Book online via the ehealth portal

<http://www.trenchhealth.com.au/e-health/cbh/>

First Aid Room

Commencing Monday 15th of November

Questions please

