



E-HEALTH

E-Health from Trench Health and Fitness is an innovative online health management system empowering employees to take responsibility for their ongoing health and wellbeing.

Reality Check

The effects of poor employee health on an organisation's productivity are hard to ignore. In a recent Medibank Private study, unhealthy staff contributed a mere 49 effective work hours per month, compared to their healthy counterparts who put in 143 productive hours in the same period.

By providing employees with the necessary tools to efficiently manage their personal health and wellness program, they'll soon be on the path to a healthier lifestyle and increased productivity.

On-Line and On-Track

Readily accessible and user-friendly, each client-specific E-Health site is a practical and cost-effective addition to any workplace. Frequently updated by a dedicated Health and Lifestyle Coordinator, the content remains fresh and topical ensuring ongoing interest and maximum motivation.

Some of the unique push (email) and pull (internet) services available via Trench Health and Fitness' E-Health initiative include;

- Wellness Page** – exclusive client-branded site with secure staff logon
- Event Calendar** – notice of group exercise sessions, educational seminars and health campaigns
- E-News** – informative monthly newsletters
- Advisory Service** – dedicated Health and Lifestyle Coordinator accessible via email
- Weekly Alerts** – weekly motivational emails
- Health Portal** – links to health-related websites and community events
- Articles** – interesting and up-to-date information on diet, exercise, health and nutrition

Recipes – weekly archived recipes

Tools – interactive tools and calculators

Surveys – gaining an understanding of your health needs

When effectively integrated with other Trench Health and Fitness corporate health programs, organisations experience increased utilisation of services and positive returns on their corporate health investment.



▶▶ GETTING STARTED

Whether it's optimising existing programs, or simply engaging employees in a more positive approach to health, talk to Trench Health and Fitness about implementing E-Health in your organisation.

Other corporate health and wellbeing programs you may wish to consider are;

- ▶ **Workplace Health Expos**
- ▶ **Healthy Heart Checks**



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