



# Create a healthier workplace and workforce

## Why create a healthy workplace?

Promoting and supporting health in the workplace makes good business sense. By creating a healthy workplace environment you can:

- ✓ Increase productivity
- ✓ Increase workplace morale and engagement
- ✓ Lower insurance premiums and workers compensation claims
- ✓ Improve workforce retention
- ✓ Demonstrate your commitment to the health and wellbeing of your employees

The *Life!* program can help you achieve this.

**3x**

**Healthy employees can be nearly three times more productive than unhealthy employees<sup>1</sup>.**

1. Medibank private, The Health of Australia's workforce, Melbourne, 2005.

## About the *Life!* program

The *Life!* program is a FREE evidence-based healthy lifestyle program for people at risk of developing type 2 diabetes, heart disease and stroke. With a state-wide workforce, the *Life!* program can be delivered in any Victorian workplace and tailored to suit your organisation's needs.

*Life!* provides a qualified health professional, tools, resources, workbooks – everything needed to run practical and engaging sessions. All we need is the space to run a session.

Yarra Trams, BlueScope Steel and City of Whittlesea are just some of the workplaces the *Life!* program has successfully worked with.

“ The *Life!* program was a success at Braeside and it definitely made a real difference to the majority who participated. It's amazing the positive impact it has on your health by cutting out fat and moving your body (exercise). ”

- Operations Manager Scott Henderson, BlueScope Steel.

# Free workplace health and wellbeing services

The *Life!* program has a variety of workplace offerings available. Regardless of your organisation's size, industry or location, the *Life!* team can tailor a package to suit your workplace.



## *Life!* group course

Group courses can be run within the workplace and staff will benefit from the supportive and familiar group environment.

- Participants take part in one individual and six group sessions with a health professional run over twelve months
- Sessions can be run before, during or after work hours and tailored to meet the needs of your workplace
- Participants receive a comprehensive workbook full of practical information on nutrition and physical activity, goal setting, sleep, stress and managing lapses.

## *Life!* telephone health coaching

Staff may prefer to do the *Life!* program at a time and place that suits them. Individual telephone health coaching is available 7 days a week, 8am to 8pm. Participants receive:

- Their own health coach to provide tailored information and motivation
- Six calls over six months and a follow up call at 12 months
- A comprehensive workbook full of practical information on nutrition and physical activity, goal setting, sleep, stress and managing lapses.

## Healthy living information session

An informative and interactive 30-minute session that helps participants:

- Understand the risk factors and symptoms of type 2 diabetes and cardiovascular disease
- Learn more about healthy eating, increasing activity and reducing stress in daily life
- Check their risk of type 2 diabetes and refers eligible participants into the *Life!* program.

## Pop up health stand

A *Life!* information booth at your workplace provides:

- An opportunity for employees to check their risk and enrol into the *Life!* program
- An opportunity to interact with qualified health professionals
- A suite of healthy living resources including *Life!* brochures, healthy eating and physical activity tips sheets and recipe books.

## Senior management briefing

Workplace health and wellbeing depends on the support of the organisation as a whole, and this 15-minute session ensures that senior management understand and appreciate the benefits of the *Life!* program.

*Life!* staff provide an overview of chronic disease in Victoria, how it affects workplaces and the various ways *Life!* can support workplaces to improve the health and wellbeing of their staff.

## *Life!* program resources

We provide easy-to-use resources so that you can promote the program and a healthy and active lifestyle to your workforce. Resources include:

- Poster templates promoting prevention sessions
- Sample text for social media and websites/ newsletters
- *Life!* brochures and posters
- Healthy eating and physical activity tip sheets.

## Have you heard about the Achievement Program?

The Achievement Program can support your workplace to improve the health and wellbeing of your workforce. The program is free and enables you to receive recognition from the Victorian Government as a health promoting workplace.

Hosting a *Life!* prevention session at your workplace contributes to the healthy eating and physical activity priority areas of the Achievement Program.

**Go to [www.achievementprogram.health.vic.gov.au](http://www.achievementprogram.health.vic.gov.au) or call 1300 721 682 to learn more.**