

Benefits of *Get Healthy at Work*

Australians spend about one third of their lives at work. Good health and job satisfaction are very important for most people. When workers are healthy, they feel better, have more energy, and are more likely to be satisfied with their job.

Successful Workplace Health Programs:

- improve staff retention
- improve workplace efficiency
- enhance corporate image

The *Get Healthy at Work* program makes it easy for workers to improve their health at work. The program identifies individual and workplace health concerns and offers help to address them.

Get your business registered today
at gethealthyatwork.com.au



Contact

We're here to help:



Phone
(02) 8738 6253



Email
swslhd-gethealthyatwork@health.nsw.gov.au

GET HEALTHY AT WORK

**A free workplace health
promotion initiative.**

Want to improve your health and the health of your workplace? *Get Healthy at Work* supports you, your workers and your workplace to make healthy lifestyle changes and create healthier workplace environments.



The Basics

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

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

The program helps your workplace by addressing the following health areas:



Quitting Smoking



Healthy Eating



Physical Activity



Active Travel



Alcohol Consumption



Mental Wellbeing



What we do

Get Healthy at Work makes your workplace healthier through the two key pathways:

Healthy Lifestyle Checks:

Free and confidential online health check for workers with immediate feedback on an individual's health

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 *Get Healthy at Work* team offers **free telephone support** to assist with developing your Workplace Health Program and offering the Healthy Lifestyle Check to your workplace.

Get started!

If you want to create a healthier workplace, become a Workplace Health Champion and develop a Workplace Health Program.

Register your business at gethealthyatwork.com.au

We offer a wide range of free tools, resources and support to help businesses identify their health needs and plan and implement their Workplace Health Program.

Not sure if this is right for your business?

Find out if *Get Healthy at Work* is right for your business by completing our 2 minute online Workplace Quiz.

