



What is a **HEALTHY LIFESTYLE CHECK?**

Take advantage of a free
Healthy Lifestyle Check
to find out how you can
be healthier at work

Good health is a priority in anyone's books.

You feel better, you're more active, and you enjoy your work more. In turn, your career benefits – and your life too.

The first step is a free and confidential Healthy Lifestyle Check for everyone.

No needles we promise! It's voluntary and completed online. All results are anonymous.

You'll find out really important information relating to your health, like your risk of type 2 diabetes, heart disease and mental ill-health. You'll also get information and advice on how to improve your health.

What's involved in the Healthy Lifestyle Check?

- It's quick, non-invasive (no blood or urine samples) and completed online.
- You'll complete a few short questions (remember to be honest for your own benefit - we don't see your individual results).
- You will then get immediate information and advice to help you make any changes to your lifestyle to be healthier (your personal results are private, it's up to you what you do next).
- We will receive a de-identified summary of the findings of the entire team (if more than 20 people participate) to help us work out what we can do to be a healthier workplace.

You will receive more information about taking your Healthy Lifestyle Check soon. For more details visit gethealthyatwork.com.au