



HEALTH 100™

It's encouraging to see companies investing more into the health and wellbeing of their people. Simply put, healthy people = healthy business!

Before investing time and money into well intentioned prevention or intervention program, start by getting a measure of where the health of your business is currently at!

WFR's **Health 100** program increases employee awareness of their own health, fitness and lifestyle status by providing advice, information and tools on how to improve or maintain their health.

The program assesses individuals across nine health categories, providing the individual with a detailed, confidential report – including a health risk rating score (out of 100) and recommendations across of the following categories:

- Cardiovascular Health
- Glucose Intolerance
- Body Composition
- Smoking / Lung Health
- Alcohol Intake
- Exercise Uptake
- Nutrition
- Fatigue / Sleep
- Mental Health



Whilst individuals are provided with a comprehensive overview of their health status, organisations are provided with collated group data in the form of a **Group Health Report**.

The group report will de-identify participants for Privacy Act compliance and includes all assessment results, comparative results to previous years (if applicable), and Australian standards and norms.

Recommended strategies on how to improve specific areas of health for the employee group is also provided and often results in commencement of a comprehensive and tailored **Healthy Lifestyle Program** for the organisation (see page 4 for more info).



WHAT CAN YOU EXPECT?



INTERNAL PROMOTION

First, WFR's project team will work with you to design an internal communication and program promotion process to the employee group. It is strongly recommended that this is lead from the executive team, demonstrating the value being placed on the initiative.



INDIVIDUAL QUESTIONNAIRE

Individuals are first asked to complete an online questionnaire. This questionnaire takes just 5-10 minutes to complete and provides WFR with an understanding on the individuals health and lifestyle background. This helps our Exercise Physiologists to get more out of the one-to-one consultation.



ONE-ON-ONE CONSULTATION

Next, each individual will have a one-to-one consultation with one of our experienced Exercise Physiologists. These are scheduled over a 30 minute period and are an opportunity to discuss information provided in the questionnaire and also capture the individual's physiological health markers such as blood pressure, BMI, cholesterol, fitness level and more.



COMPILE HEALTH REPORTS

Finally, WFR would commence the collation of all data. Confidential individual **Health 100 Reports** will be sent directly to each individual and provide them with a health score out of 100.

An aggregated and de-identified business **Group Health Report** will also be provided to the employer. The outcomes of the report can be presented to key client stakeholders. In this session we'll highlight the health risk factors identified from within the employee group and provide health and wellbeing program / initiatives options for consideration over the longer term.

+ OPTIONAL: Choose to commence targeted **Health Presentations** or **Health Intervention Programs** or commence your own **Healthy Lifestyle Program** to address any risk factors (see page 4 for more information).



WHAT ARE THE BENEFITS?

- Individuals walk away with a greater understanding of their current health and an action plan to follow
- An objective and scientific assessment of the health of your people, helping you put the correct prevention and intervention solutions in place
- Achieve greater ROI from any health and wellbeing initiatives and create a benchmark to help track program effectiveness
- The process sends a clear message from management about the importance of health and wellbeing, which results in a positive impact on engagement

**WANT TO ASSESS THE HEALTH
OF YOUR BUSINESS?**

Get in touch for more information:
ENQUIRIES@WORKSITE.COM.AU



TRY ADDING ONE OF THESE...

Health 100 is just part of our **Boosting Employee Health** offering. It's often complemented with:



HEALTH EDUCATION AND COACHING

WFR are able to deliver a broad range of health, lifestyle and wellness information to employee groups via **Health Presentations**. Each health topic package includes a presentation, information brochures and promotional posters. Presentation topics focus on chronic disease awareness, nutrition, fitness, lifestyle and OHS.

WFR's **Health Intervention Programs** are offered to those employees deemed to be at high risk from an injury, health or medical perspective. WFR utilises its team of highly professional health and medical specialists to manage, plan and deliver the consultancy service. The primary focus is on assisting the particular employee to improve and then manage their health status, by providing information, support and customised programs.



FIT FOR LIFE

A fun health challenge which helps your people give their health and lifestyle habits an overhaul – including nutrition, exercise, smoking, sleep, and mental health.

Participants are provided with individualised programs, regular health consultations, fitness sessions, health presentations to help them work toward their personal health goal over a 8-12 week period - making it the perfect follow-up to **Health 100**.



HEALTHY LIFESTYLE PROGRAM™

For organisations that are committed to improving the health and wellbeing of their people, we'll work with you to design and implement your own preventive health and wellness program. We'll allocate an Exercise Physiologist to coordinate and deliver the program including – education and training sessions, fitness sessions to name a few.

Using information from your **Health 100 Group Health Report** as a baseline, we'll create a customised program to address each risk area identified in your group report.



TRY ANY OF OUR SOLUTIONS FOR THAT MATTER...

Our experience over the last two decades has shown us that the most effective health and wellness strategies are designed to deliver four outcomes:

All of WFR's solutions are designed so they can be run independently as a short-term campaign or can work together to form your own **Healthy Lifestyle Program**.

Whether your workforce is 20 or 20,000, we can design an approach to meet your strategic needs.

Get in touch for more information:

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