

LOW CONTACT OPTIONS

KEEPING YOUR STAFF HEALTHY, SAFE AND SUPPORTED.

1. Webinars and video topics relevant to your workforce:

- On all of the above options and a range of others

2. Online/virtual health assessments and practitioner video consultation:

- Health Risk Appraisal
- Relevant biometric testing (with available home equipment ie: waist measurement, flexibility testing)
- Results discussion with Health Practitioner
- The immediate provision of education resources based on the risks identified
- Personal action plan created collaboratively with the practitioner

3. Video health coaching (and/or injury prevention). Monthly 10 minute video consultations:

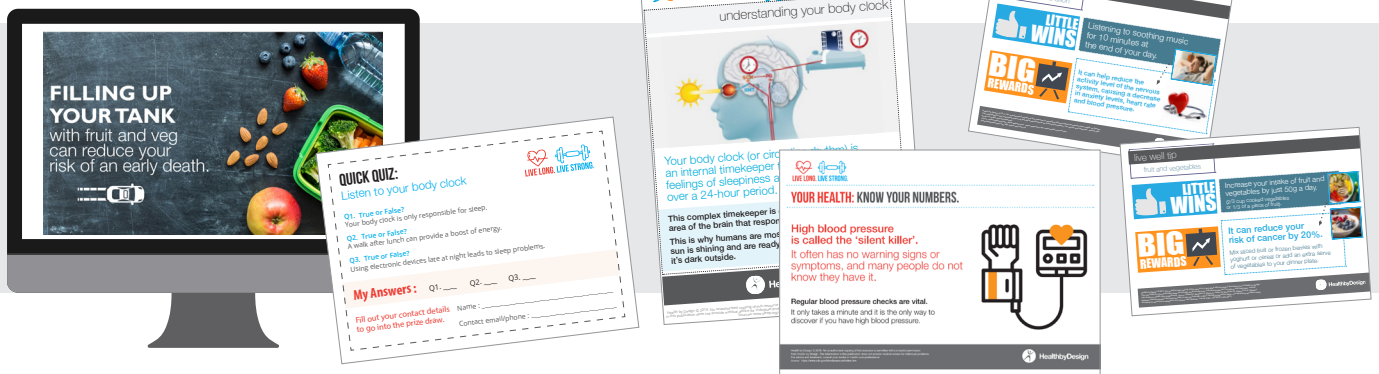
- Checking action plan progress
- Checking progress against measured risks
- Re-setting actions
- Providing further resources/materials as required

4. Train the Trainer programs

- Use your own staff to make a difference.
- Utilising a health champion at your workplace and with support from Health by Design, you can deliver an engaging program that meets the needs of your workforce. Once launched, your dedicated HBD program manager can be in contact at stipulated periods to provide support.
- We provide your employees with a visual presentation per topic and all of the support resources they need to assist others in making positive health improvements.

5. Online interactive displays

- Set up in a visually appealing manner to create a 'fun factor' and obtain high engagement and educational opportunities for staff who view the stand.
- Interactive displays demonstrate your commitment to creating a healthy work environment, have a positive impact on workplace culture and increase awareness of relevant health and injury prevention topics.
- Over 75 health, wellness and injury prevention topics to choose from.
- All displays are developed by our Research and Development team which provides you with flexibility and content specific to the risk areas of your business.



6. Health Promotion - monthly packages targeting current critical topics for the workplace:

- Mental fitness - proactive strategies.
- Immunity system boosters.
- Sleep and the human body clock (Nobel prize winning research into how critical it is to work with our body clocks for optimal health).
- Joining the Dots - between health, injury risk and mental health.
- Little Wins Big Results - never has there been a more stark reminder of the need to take OWNERSHIP OF YOUR PERSONAL HEALTH AND WELLBEING! Besides the elderly, those most vulnerable are individuals with chronic health conditions.
- Home ergonomics and long term physical capacity.
- Isolation tips - family harmony.
- Home exercise routines.
- Healthy cooking and recipes.

Note - all of the above topics and more are available as webinar topics

Each health promotion pack includes:

1. A 2 minute video
2. An accompanying quiz and reminder handout (which can be printed and put on the fridge!). The quiz can be a simple, extraordinarily low cost morale boosting exercise, where every correct entry goes into a simple prize draw (for something very tangible right now like an Uber Eats voucher etc).
3. Weekly Live Well and Eat Well Tips (drip feed reminders of the monthly topic):
 - Short and compelling facts aimed at prompting behavioural shifts
 - Delivered via email, text or via your internal social media platform
4. Lifestyle Matters - monthly newsletter. Key facts and statistics around the major controllable lifestyle factors that influence our health:
 - Sleep
 - Nutrition
 - Movement
 - Hydration
5. Recipe of the month

