



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.

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.

Metro Trains, Kmart and local councils are just some of the workplaces the *Life!* program has successfully worked with.

3x

Healthy employees can be nearly three times more productive than unhealthy employees¹.

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

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

✓ **Life! group courses**

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 session and complete six sessions with a health professional run over twelve months. Workplaces that complete a **Life!** group course will receive a **Life!** achievement report which provides a de-identified report on your employees' collective success in completing the **Life!** program in the workplace.

✓ **Healthy living sessions**

An informative and interactive 30-minute session that can be delivered face to face or via webinar. Employees will learn more about the risk factors and symptoms of type 2 diabetes heart disease and stroke. Receive tips on healthy eating, increasing activity and reducing stress in daily life. Employees will have the chance to check their risk of type 2 diabetes.

We also offer:

- ✓ Senior management briefings
- ✓ Pop up health stands and health checks
- ✓ **Life!** telephone health coaching
- ✓ **Life!** program resources

“ Since we have started the **Life!** program we have found that our employees are much more likely to take control of their own health. Feedback has been very positive so far with many participants saying that trying to reach their health goals through this program has given them a new sense of purpose. ”

Jules (Wellness Specialist – Metro Trains)



“ Getting the **Life!** program rolled out for our staff was an easy and straightforward process. The facilitator who delivered the program was flexible and accommodating. ”

Karen (OHS and Risk Officer – Melton City Council)



The Healthy Workplaces Achievement Program is a free health and wellbeing program supported by the Victorian Government and delivered by Cancer Council Victoria. Workplaces that sign up are supported to achieve targets for key health areas including healthy eating, physical activity, mental health and wellbeing, smoking, and alcohol and other drugs. Workplaces can work through the program at their own pace and when the chosen health area targets are achieved, they can receive Victorian Government recognition as a healthy workplace.

Hosting a **Life!** healthy living session at your workplace? By taking part in the session, it contributes to the targets for the healthy eating and physical activity health areas of the Healthy Workplaces Achievement Program.

**HEALTHY
WORKPLACES**

**Achievement
Program**

**Go to www.achievementprogram.health.vic.gov.au
or call 1300 721 682 to learn more**