



Why create a healthy workplace?

Promoting and supporting health in the workplace makes good business sense. By creating a healthy work 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.

Healthy and happy employees are more likely to be productive and engaged at work.

About the *Life!* program

Life! is a FREE program that can help your staff increase their energy and improve their mood and sleep. It also helps them prevent type 2 diabetes, heart disease and stroke. With a state-wide network of providers, 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.

The *Life!* program is funded by the Victorian government and managed by Diabetes Victoria.

<https://vpssc.vic.gov.au/data-and-research/people-matter-survey-data/drivers-of-wellbeing-and-engagement/>

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:

Healthy Living Sessions

Healthy Living Sessions are a bite sized version of the *Life!* program, run for approximately 30–45 minutes and are delivered in person or online. During the session, employees are asked to complete a short health check to determine their risk of type 2 diabetes, heart disease and stroke. Depending on their score they may be eligible for the *Life!* program. Any eligible employees can complete the *Life!* program together as a group.

Life! group courses

Group courses can be run within the workplace and staff will benefit from the supportive and familiar group environment. Your employees will have access to qualified health professionals, including dietitians and exercise physiologists. They will receive ongoing tailored support over seven sessions in twelve months. Workplaces that complete a *Life!* group course will receive a de-identified *Life!* achievement report on their employees' collective success in completing the program.

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)



Are you ready to empower your workforce?

Book your Healthy Living Session today – scan here.
Call 13 74 75 or visit lifeprogram.org.au for more information.



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