



# Good for your workers Good for your workplace

The benefits of supporting your workers' health  
and fostering a culture of healthier choices

Healthier Queensland Alliance

# Free qualified Health Coaches for your employees



Funded by the State Government and is free to participants

Free Health Checks available to all staff

Coaching support for at-risk staff

Flexible delivery options via phone, face-to-face, virtual or in-language

Reporting, to assist wellbeing planning and evaluation

The benefits of supporting your workers' health and fostering a culture of healthy choices are widely documented and overwhelmingly positive.

In fact, many studies have shown results ranging from increased productivity, improved teamwork, and higher morale to elevated job satisfaction, lower absenteeism, and even boosts to a company's image. And, with Queensland Health revealing that over half of Queenslanders (51.7%) were living with a chronic condition in 2022, it's never been more important to make your teams' health a top business priority\*.

Workplace wellness initiatives can increase productivity and reduce: work-related ill health and absenteeism; workers' compensation costs by up to 32%; and, employee risk factors by up to 56%\*.

You can find more reasons why maintaining a safe place of work is good for businesses, good for workers and good for the community, at [worksafe.qld.gov.au/safety-and-prevention](https://www.worksafe.qld.gov.au/safety-and-prevention)

My health for life is a FREE Queensland Government-funded, evidence-based health initiative.

Delivered at no cost to you or your staff, the initiative offers free Health Checks for all staff and health coaching for those at-risk of developing chronic conditions including type 2 diabetes, heart disease and stroke. The coaching series focuses on lifestyle risk factors, including stress, anxiety, nutrition, physical activity, alcohol consumption, smoking, sleep and coping well - with the support people need to make healthier choices and create healthier habits.

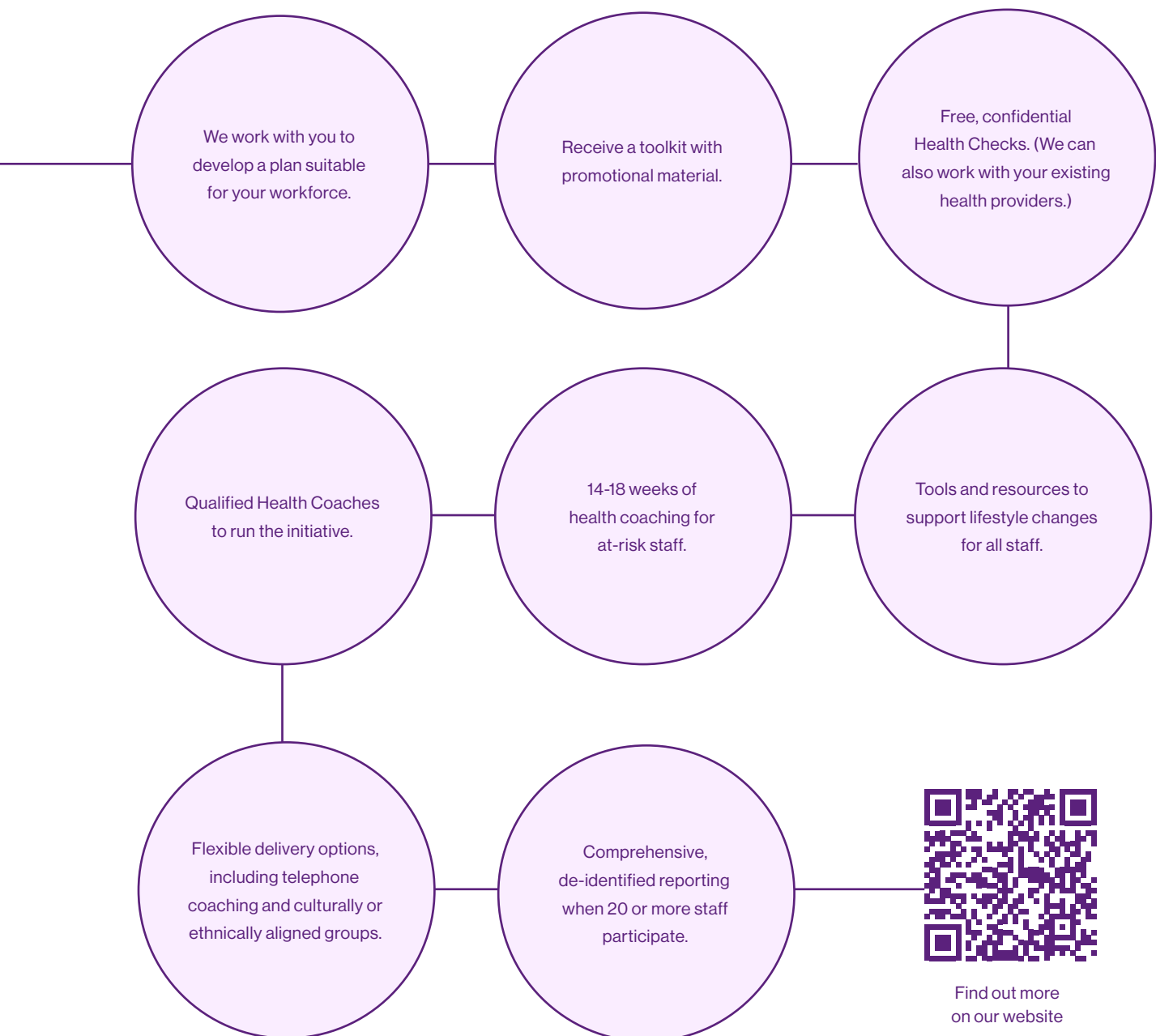
Funded through Health and Wellbeing Queensland, the initiative is delivered by the Healthier Queensland Alliance – a partnership, led by Diabetes Australia, that includes the Heart Foundation, Stroke Foundation, Ethnic Communities Council of Queensland (ECCQ), the Queensland Aboriginal and Islander Health Council (QAICH), and Queensland's Primary Health Networks.

**Prevention  
is better  
than a cure**

# What can My health for life bring to your business?

## **Employers have the opportunity to inspire a healthy attitude in their workforce.**

Now, you can feel confident in giving your staff access to something that will positively impact their lives at work, and at home, through free Health Checks and an 18 week evidence-based lifestyle change initiative, funded by the Queensland Government through Health and Wellbeing Queensland.





## Making our free health coaching work for you and your staff

This evidence-based lifestyle change initiative is a practical and effective step in allowing your staff to better understand their health risks, while supporting them to achieve their health-related goals.

The coaching series is based on the latest approaches to behavioural psychology - encouraging social support and sharing of experiences between participants, with a strong focus on cementing healthier habits.

We recognise the pivotal role you play in establishing this initiative within your business and continuing its success, which three out of four participants say they would recommend to their family and friends.

**We look forward to supporting you and your team.**

“The initiative is about reviewing, refining and improving. Taking small practical steps towards a goal to live well and feel good is what My health for life is all about.”

Shane (45) Boiler Maker



Encourage your staff to participate

# Give your workers a life-changing bonus

📞 13 74 75 🌐 [myhealthforlife.com.au/workplaces](https://myhealthforlife.com.au/workplaces)



**For assistance and more information**

Contact us at [work@myhealthforlife.com.au](mailto:work@myhealthforlife.com.au) or call 13 74 75 to talk to one of our team members