

HEALTH AND WELLBEING SUPPORT

What is Wellbeing?

At Hemisphere Health we believe that wellbeing (or being well) is about making choices and taking action to improve health and happiness. It's simply about positive individual and community change!

Workplace wellbeing is when the workplace community is committed to supporting positive change at both a company and employee level. What being well means will vary as each team is made up of its own individuals, however the general goals are to advance mental and physical health in your workers.

This programme provides quarterly health education combined with access to care and practical advice for all health issues. We have physiotherapists, doctors and counsellors to encourage positive meaningful changes in your workers lives. The company commits to improving workplace wellbeing by funding up to 3 clinical sessions per employee, per year (confidential and no questions asked)

How Hemisphere Health develops company wellbeing

- We help develop a workplace culture of open communication, acceptance and looking out for each other
- We deliver health education relevant to your team. *How?* We ask what matters to them!
- We encourage and guide managers to provide positive messages and support to their teams
- We provide early clinical intervention for medical, physical or mental health issues keeping your team productive and at work
- We support the company with feedback and communication to promote growth and learning

Investing in your people's health and wellbeing has the unique power to inspire wider community change

<p>Consultation and Culture Review <i>Survey, interviews and site visit for data collection to benchmark, track performance and guide training topics</i></p>	<ul style="list-style-type: none"> • Review current practices • Determine relevant training topics for your business and people
<p>Policy and Procedure Improvements/Development <i>Choose one policy or procedure to develop such as:</i></p>	<ol style="list-style-type: none"> 1. Wellbeing Policy 2. Anti-Bullying and Harassment statement 3. Communication and feedback Procedure 4. Fatigue management
<p>Potential Training Topics <i>Quarterly training delivered to staff on topics deemed relevant to them in the culture review such as:</i></p>	<ul style="list-style-type: none"> • Mental health awareness • Improving workplace communication • Breathing and Sleeping well • Managing stress and anxiety • Nutrition • Health effects of smoking, drugs and alcohol • Benefits of exercise • Healthy aging • Mindfulness and relaxation techniques
<p>Clinical Service <i>Company must commit to fund up to 3 sessions per employee per year</i></p>	<ul style="list-style-type: none"> • Medical consultation for health concerns • Physiotherapy assessment and treatment • Counselling/coaching for mental health concerns
<p>Site Promotion & On call advice</p>	<ul style="list-style-type: none"> • Posters and Flyers to reinforce training topics • Access to our H&S professionals for guidance

From \$4,700 + GST or \$395 + GST per month for 12 months