

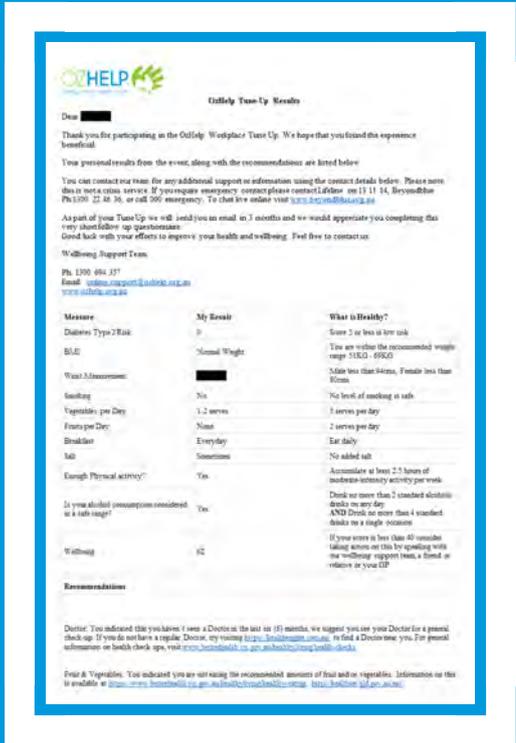


OZHELP'S SERVICES

WORKPLACE TUNE-UP

Workplace Tune-Up (WTU)

WTU is a health and wellbeing screening tool incorporating reliable and validated measures delivered online. This innovative market leading tool includes a bench-marked report to employers giving them a snapshot of the overall health of their workforce. The participants on the other hand receive tailored results and recommendations as well as ongoing support from the OzHelp wellbeing support team. Workplace Tune Up is endorsed by Nutrition Australia (ACT) and The Heart Foundation and was designed in collaboration with the University of Wollongong Graduate School of Medicine.



What is in it for Participants?

Participants receive results, recommendations and support that is individualised based on their own health data.

Finding out their individual diabetes risk, chronic disease risk, healthy weight targets, wellbeing score, nutrition and physical exercise recommendations and referrals to health practitioners.

As individual health issues are flagged via the WTU, our health and wellbeing coaches and/or registered nurse will be prompted to offer ongoing confidential coaching to your workers for up to 12 months. In addition, your employees will also have the opportunity to request counselling support via your EAP provider, through the “book counselling” button.



What is in it for Employers?

Employers receive a W.T.U benchmarking report that provides them a snapshot of their workforce's overall health and wellbeing.

The Workplace Tune Up report measures the workplace rating against industry benchmarks, that are based on a number of validated and reliable measures including: AusD risk- diabetes risk assessment, Chronic disease risk assessment. WEMWBS wellbeing scale and several others.

The data in the report is de-identified and is intended solely to give a snapshot of your organisation's mental and physical health. The report outlines:

- Impact of workplace practices on the mental health of employees
- Average wellbeing scores of your organisation as compared to the benchmarks
- Overall physical and mental health ratings of your workplaces
- Productivity of workforce as linked to wellbeing

Workplace Tune-Up also provide employers the benefit of:

- Convenience of online delivery.
- Best practice tool for providing psychologically safe workplace
- Identify employees in distress or at risk
- Provide pro-active support/coaching for your workers from OzHelp Wellbeing Support Team
- Link in with existing HR and EAP services. (counselling)

Employers also receive a Marketing pack to assist them with the roll-out of the program. This pack includes three posters (illustrated below) and an email template. We also offer the WTU ambassador training program if required.

