

Giving Health Corporate Wellness Initiatives

Creating a Healthy Workplace, while helping those in need



Why choose Giving Health Corporate Wellness Initiative?

The rise in popularity of Corporate Health and Wellness programs is noticeable in today's market. There are numerous companies which offer these services. At Giving Health, we are different. We are set up so that 100% of the money you pay goes to help those in need. We use the money from these programs to set up and support health initiatives to people living in poverty.

How does this work?

We are a charitable organization with a strong social enterprise focus. We use the services of local health professionals who want to make a difference, not only in their local community, but also abroad in the world's poorest communities. They volunteer their time to do medical trips to help those in need in these poor communities. The way they fund these trips is by providing health services to their local community, for which they receive payment in lieu of a donation. We do not accept our donations as our philosophy is to always create value in every transaction. Looking at the success of organisations like Thankyou, we believe there is a massive opportunity to create a sustainable, entrepreneurial health system focused entirely on giving. Sound interesting??

What is Giving Health Corporate Wellness Initiative?

We delivered tailored health programs to your workplace, focused on improving employee health and engagement. It is done in a holistic manner, looking at physical health (such as posture and exercise), nutrition and hydration, as well as stress management and employee happiness. The strategies used are practical, effective and easy to implement.

Why is Corporate Health important?

In Australia, the largest 5 killers are all what are known as 'lifestyle diseases'. In other words, the way we are currently living is killing us. Australia's obesity epidemic continues to rise and a large component of this is due to our sedentary lifestyle and poor nutritional choices. One major focus in the news and media of late, that excessive sitting is worse for your health than smoking. Companies are not solely responsible for the health of their employees, but it makes good business sense to keep your workplace and your employees as healthy as possible. Here's why;

1. Reduced number of sick days
2. Decrease in staff turnover
3. Increased employee engagement
4. Decrease in workers compensation
5. Decrease in disability and early retirement

One Study showed that a healthy employee will clock 94 more productive hours per month, compared to an unhealthy employee.

By ensuring that your employees are healthy and functioning at their best, you are ensuring a more productive and effective workplace.

How we can help you and your workplace?

Our tailored programs are designed specifically for your workplace. No two programs are the same as no two workplaces are the same. We want to create the greatest value possible so you choose what will work best for your workplace.

The Corporate Health services that we offer are:

- Ergonomic assessments
- Mini Consults with a health professional (10-15 minutes)
- Postural and Injury assessments
- Stress Management workshops
- Nutritional and healthy eating at work strategies
- Gift Packs with health supports
- Ongoing health information for employees

Ergonomic assessments

Our highly qualified practitioners are experts in workspace health. They can provide personalized consultations at your employees desk to ensure they have their workspace designed to preserve optimal health. The advice given will be simple, practical and shouldn't cost much to implement. This will help to reduce the physical stresses on the body associated with sitting, while improving efficiency and output.

Mini Consults

These are more specialized consults to suit individual concerns that your employees may have. These could be around increasing energy, improving sleep, getting into exercise, eating better, improving concentration or any other health concern. These consults would last around 10-15 minutes and preferably conducted in a space where we can converse comfortably. The advice given again would be practical and supported by research. To improve effectiveness, we can give the staff member a quick form to fill in prior to give us the information required on how we can help them best.

Posture and Injury Screening

Our Philosophy is that the better the body is aligned and moves, the better you function, both inside and out. Through a posture screen, we can identify any areas of imbalance in the spine and nervous system, which can uncover other problem areas in the body. Once detected, we can then recommend specific exercises or treatment options to prevent injuries or other problems arising.

Stress Management Workshops

These are extremely popular workshops, which tackle the major factors behind stress and give tactics to reduce stress in the workplace. Looking at stress from an evolutionary and biological perspective, we cover why we get stressed and what happens to our body when we do. We then look at a holistic approach to reducing stress through physical, chemical and mental/emotional tactics. This talk is well received as most employees will feel stressed in the workplace at some stage and it is a major factor in workplace dissatisfaction.

Healthy Eating workshops

These workshops are a fun and practical way to engage your staff around healthier eating patterns. Research conducted in both schools and workplaces show that when we are eating foods which are more nutritious and less sugary and processed, that we concentrate better. Most of us are aware of this, yet so many in the workforce will reach for a sugary snack or caffeine hit when energy is low. In this workshop, we will provide some healthy snacks, lunch options and do some basic demonstrations. For those staff participating, we would need to be aware of any allergies or requirements at least one week prior. This workshop is ideal for between 5-20 staff members and can be tailored from 30-60 minutes.

Gift Packs

As a thank you for supporting Giving Health and the work we are doing, each staff member will receive a gift pack with health supports such as exercise bands with exercises, ergonomic mousepads, health recipes, and other treats.

Ongoing health tips

We will also offer weekly health tips for the 3 months following on from the workshop. These will be in the form of a weekly email with one simple tip to improve health.

Your Health Investment and Donation

No of Employees	Requirements	Cost
1-5	1 practitioner	\$120/hr
6-15	2 practitioners	\$200/hr
16-40	5 practitioners	\$450/hr
40+	1 practitioner for every 10 employees	Rate available when quoted
Food Workshops	\$5 per employee in addition to practitioner fees	
Terms	Minimum 1 ½ hrs	

How your money helps?

On our health trips to the Philippines, \$100 will bring healthcare to around 25-30 people. We also support nutrition and pregnancy programs where \$100 will provide a mother from the slums with proper nutrition and care throughout her pregnancy, birth in a hospital, plus post birth checks for her and the baby. It also includes contraceptive options to the mother to give her more control over her and her families future and help them to break the poverty cycle.

We support sustainable health programs that have real impact on families living in poverty.

For more information or to organize a time for us to come to your workplace, please email taylor@healthspaceclinics.com.au or call Taylor Harrison on 0413355828.