

# PHYSICAL HEALTH AND THE WORKPLACE



“ We take a holistic approach and consider physical health and its impact on overall wellbeing ”





## Physical Health and the Workplace

**At AccessEAP we encourage a holistic approach to wellbeing, including the potential impact of employees' physical work environment along with their own lifestyle factors and chronic health issues.**

Most of us spend a lot more time at work than we do anywhere else, and to help keep a healthy workforce it is important to understand the potential risks associated with your occupation or industry. For example, work that involves a lot of sitting, repetitive or strenuous activity, shiftwork, or frequent exposure to people who are ill.

AccessEAP partner with Vitality Works, a leading provider of Workplace Health Services, to offer your organisation expert consultation in this area. Our aim is to enable your employees' to optimise their physical health with the associated benefits of improving mental health and overall wellbeing.

**"We offer solutions which help workplaces to deal with lifestyle factors and chronic health issues. Interventions with the all important "Fun Factor" are designed to fit across all the different aspects of people's work." – Vitality Works.**

Your organisation's journey to health, safety and wellbeing starts with an assessment of your overall workplace health. The focus is on measuring "whole- person health" including physical, mental, social and work wellbeing. Conveniently carried out at the workplace, health checks can be the trigger for healthy behavioural change. Most common tests include:

- Body Mass Index (BMI)
- blood glucose levels,
- blood cholesterol levels
- blood pressure
- lifestyle assessment.

All results are received on the spot and are 100% confidential. Employees will receive their own personal results booklet with detailed explanation of their results and recommendations where needed.

The results of the health checks can be used to develop a tailored, efficacious program that addresses the identified risks in your organisation, including optimal workplace design and injury prevention, e.g. ergonomics and spine health.

A suite of other services are also available, specific to your industry needs, e.g. skin checks or flu vaccinations. The programs are proactive and incorporate fun activities to promote participation and maintenance of health goals.

**Please contact your Relationship Manager to arrange these services.**



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