

# Say hello to the Health & Wellbeing specialists.





# Health is a culture and your people are the priority

Just like people, every business is unique. As your partners we take the time to understand your workplace health and needs.

Through active planning and collaboration, we empower your leaders to be Health & Wellbeing champions. Building motivated, resilient individuals and more productive teams, we partner with you to create a positive, more engaged workplace culture.

**As your Health & Wellbeing partner and specialists, we provide:**

- The latest workplace research, cultural trends and evidence
- Tested strategies for sustainable behaviour change
- Tools and in-depth education for proactive management of health and wellbeing
- Access to leading health and wellbeing providers
- Digital solutions that evolve with your business





# Future focused healthcare with over 65 years experience

Even though we're new, our experience isn't. Our knowledge comes from over 65 years in partnership with the Commonwealth Bank of Australia as their committed Health Care Provider.

Now, as CBHS Corporate, we are extending our offering to all Australian businesses, focusing on improving Health & Wellbeing in the workplace and providing comprehensive health cover for security and peace of mind at home.

## **Your health is covered, at work and at home**

- Regular check ups from our national network of over 3000 optical and dental service providers
- Access to expert doctors, surgeons and specialists
- Minimal out of pocket expenses
- Specialist care to recover & rehabilitate in your own home when needed
- Pregnancy and Birth programs
- Quality and affordable care





# Defining a culture of Health & Wellbeing





# A happier life starts with a healthier you

We value and recognise that health and happiness is more than just a physical state of being.



## **Your Mind**

Mental & emotional states

*e.g. resilience, stress, anxiety, mental health conditions*



## **Your Body**

General health profile, injuries and conditions

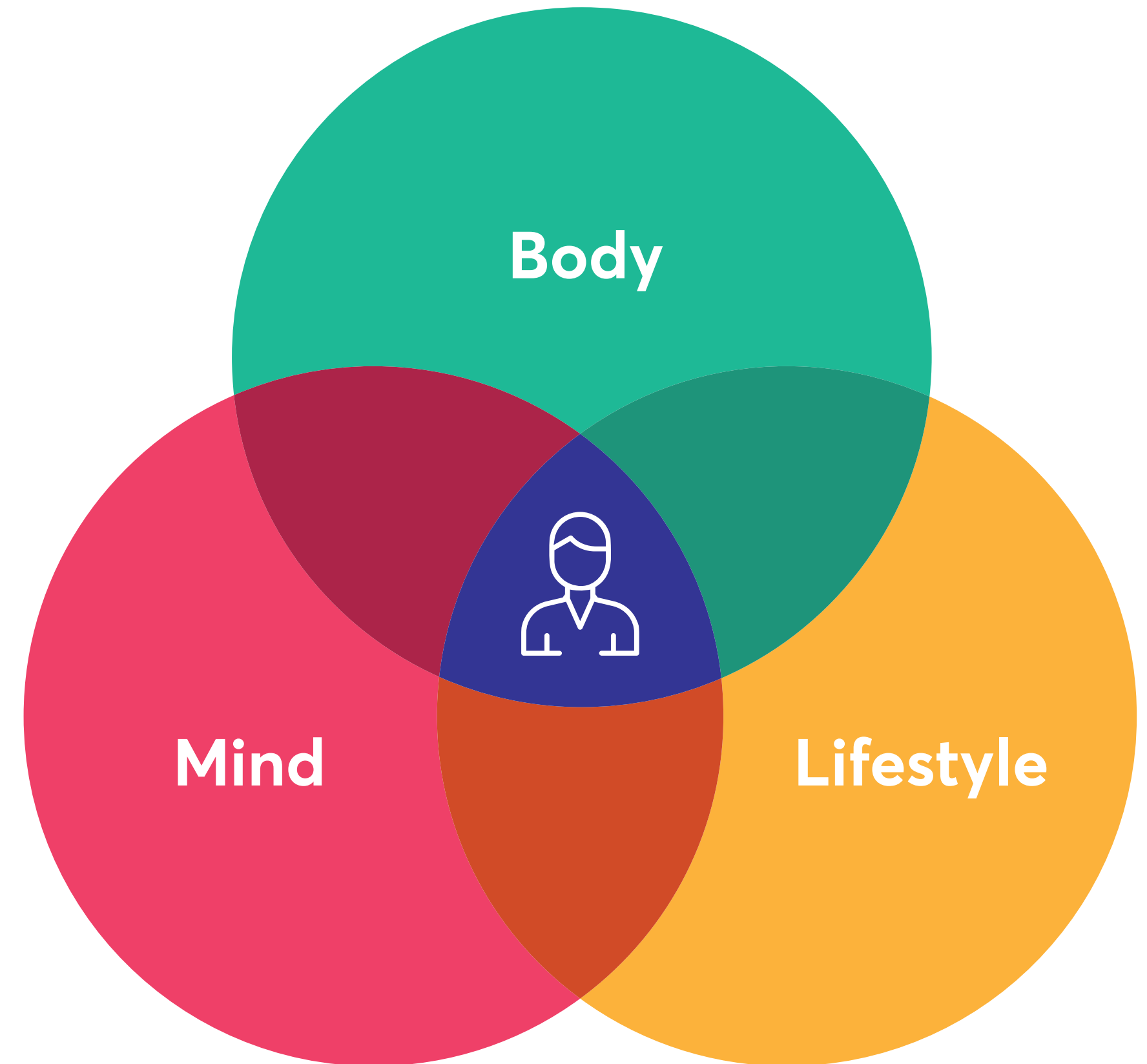
*e.g. blood pressure, back care, dental health, diabetes*



## **Your Lifestyle**

Daily health habits and behaviours

*e.g. exercise, nutrition, sleep, smoking, alcohol*



The three main elements of individual Health & Wellbeing



# A spotlight on the 'Big 3' health issues

Whilst we look at all of the components of good health, we work with the experts to address **stress, fatigue and obesity** and the impact they have on the individual and workplace.



**92%** of mental-related health claims are related to workplace stress.



Irregular working hours and fatigue significantly increase **workplace safety incidences.**



**90%** of working Australians don't meet minimum health nutrition guidelines.



# Defining a culture of workplace Health & Wellbeing

**A healthy workplace is built on a combination of factors and behaviours**

- Individual body, mind and lifestyle wellbeing
- Creating a sense of community at work
- Promoting autonomy, meaning & purpose
- Informed leadership & engaged people
- Continual, ongoing evaluation & improvement

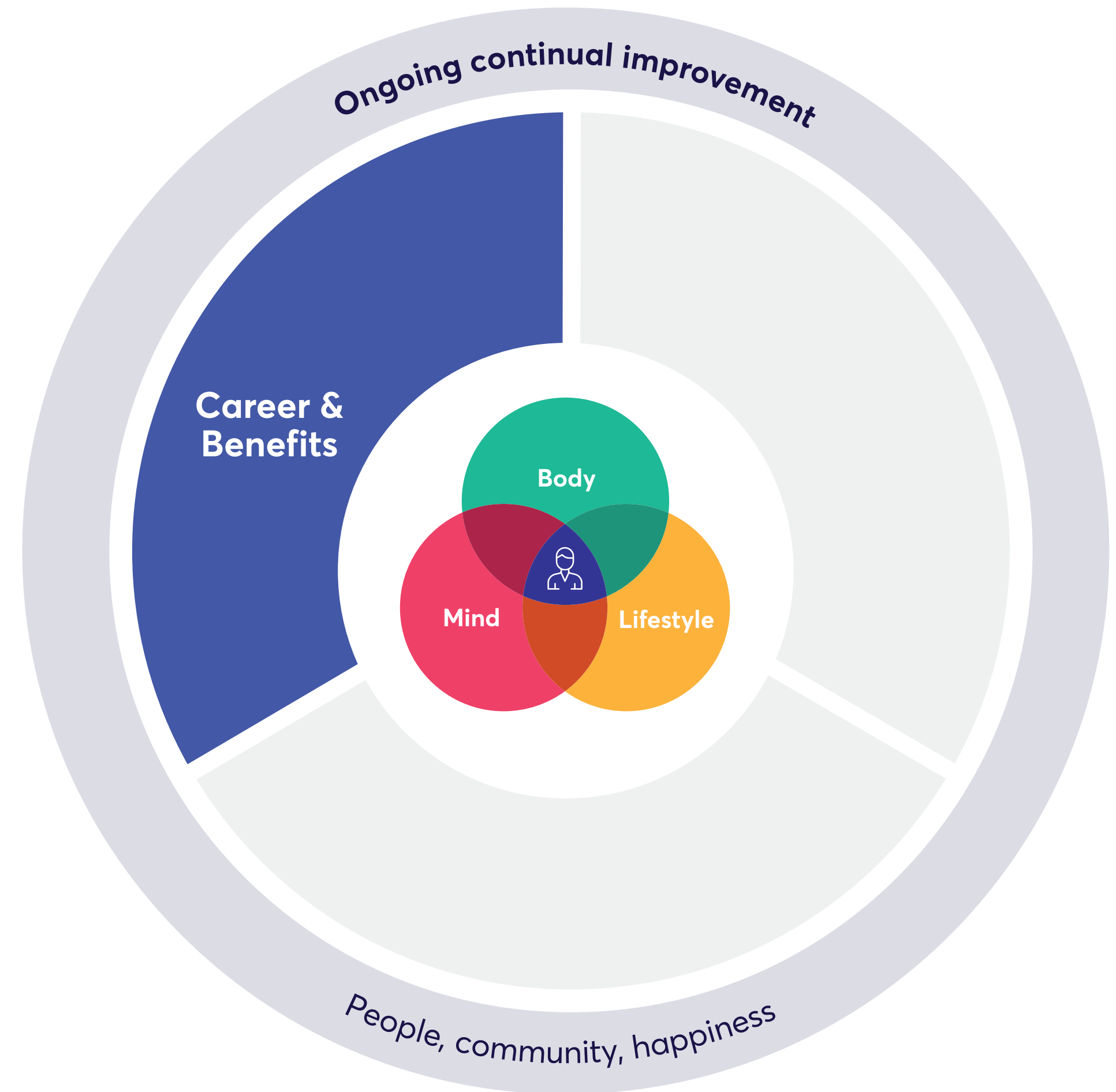




# Helping you to support your people in achieving their goals

## Aligning personal career growth with the success of the overall business

- Defined roles, responsibilities and development pathways
- Reviews and feedback to assist future advancement
- Promoting job control and autonomy
- Establishing reward and recognition programs
- Resources, training and development
- Providing access to relevant health care and life support services

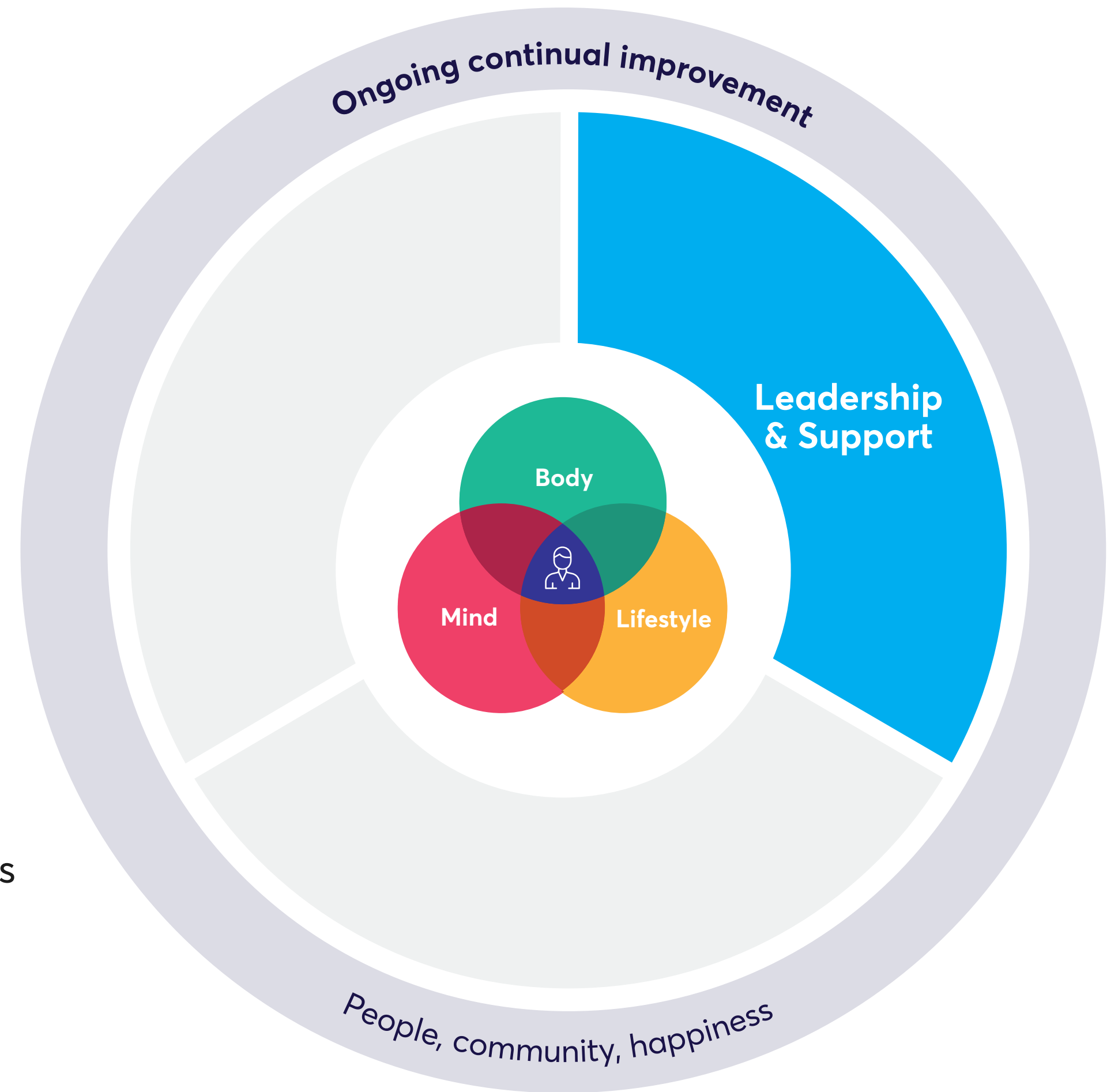




# Working with you to drive change by example

## Empowering your leaders to become health champions

- Promoting a sense of workplace community
- Valuing teamwork
- Collaboration and open communication
- Creating a shared values system
- Strengthening support networks & working relationships
- Promoting diversity and inclusion





# Creating a healthy sense of self in the workplace

## Accessing health promoting spaces

- Access to relevant work resources
- Space that promote healthy habits, movement and collaboration
- Improved risk and safety management





**Your partners in  
creating a sustainable  
culture of health**





# Our 4 steps towards better Health & Wellbeing

We guide you through a process that creates and reinforces healthy change. This helps you better understand your people and objectives through continual planning, feedback, analysis and support.





# Step 1: Understanding your business and your people

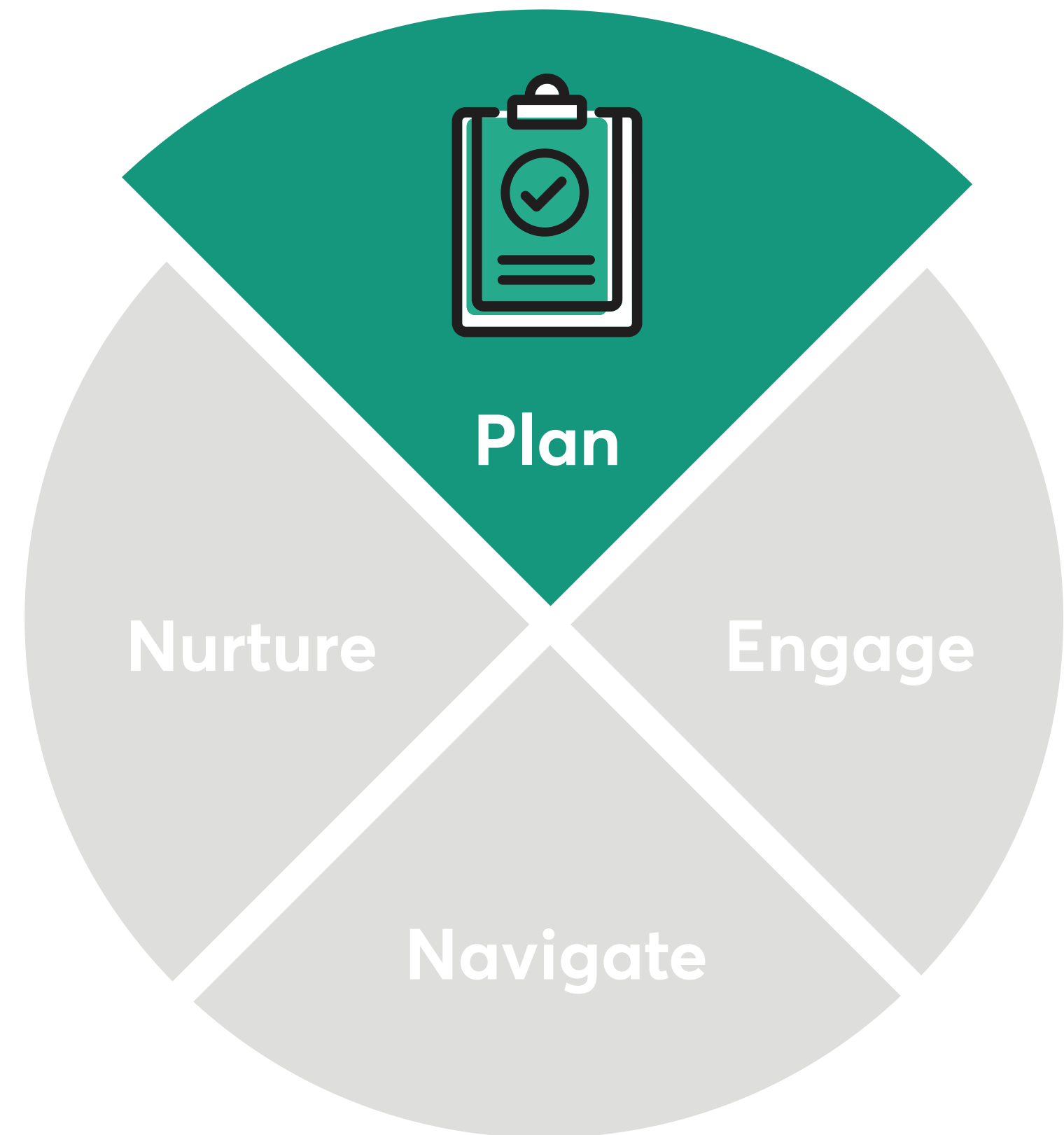
We assess where you're currently at and establish a new roadmap to Health & Wellbeing.

## Your workplace receives

- A full health risk assessment
- A snapshot of the health of your workplace
- Industry benchmarks
- Partnership goals and a workplace strategy
- A 3-12 month calendar of Health & Wellbeing activities
- An evaluation process with metrics for success

## Your people experience

- An understanding of their current health state, risk rating and comparison to health guidelines
- Feedback surveys
- Health plans and profiles
- Validated recommendations and actions



# Step 2: Driving communication and engagement

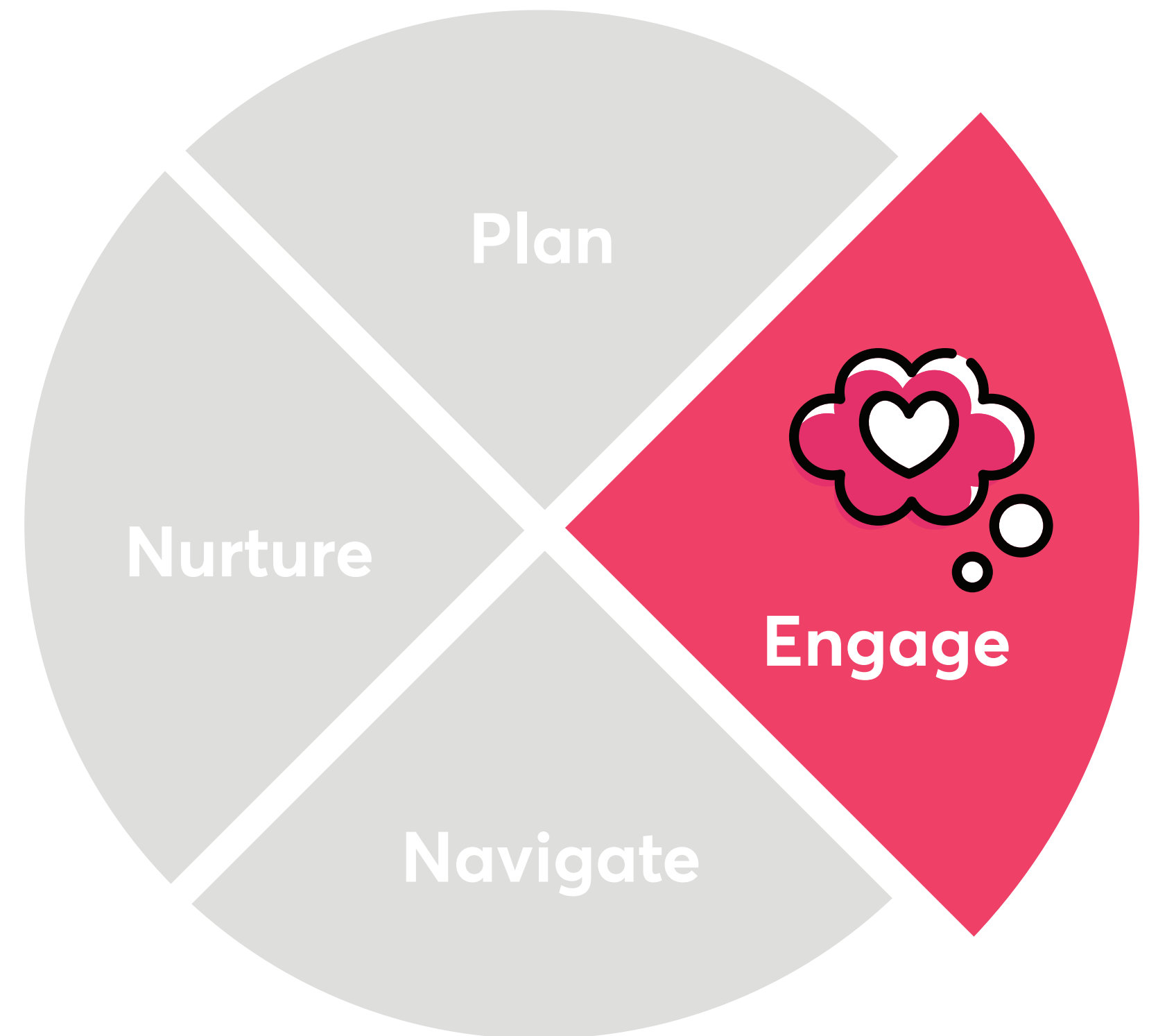
We put our plan into action and engage your people with tools and resources that build their knowledge.

## Your workplace receives

- Positioning of your new culture of Health & Wellbeing
- Messaging to raise awareness of health issues
- Tools to promote Health & Wellbeing programs
- Engagement of leadership to build a business case

## Your people experience

- Regular communications about what is on offer, available and relevant to them
- Education sessions to build health knowledge
- Regular prompts to act and form new habits and behaviours to create healthy change





# Step 3: Mapping out your health journey

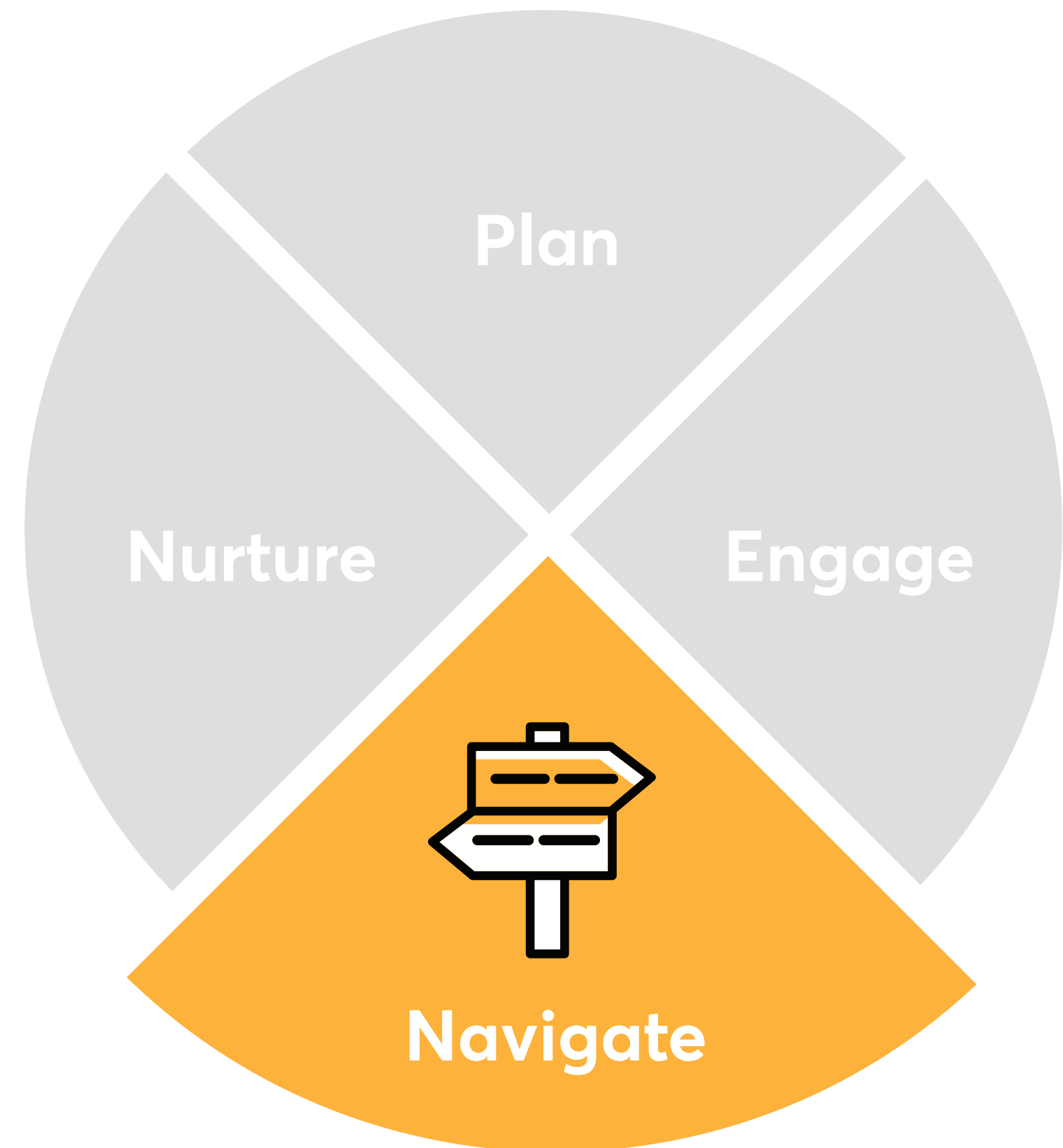
We guide you to relevant tools, programs and activities, and connect you to the right Health & Wellbeing experts.

## Your workplace receives

- A workplace Health & Wellbeing action plan
- Ongoing guidance, workplace strategies and solutions
- Access to a network of leading Health & Wellbeing providers
- Program referral pathways

## Your people experience

- Personal health advice and support
- Assistance in navigating available tools and resources
- Access to a network of trusted health experts
- A choice of health care and wellbeing plans



# Step 4: Grow your culture of health

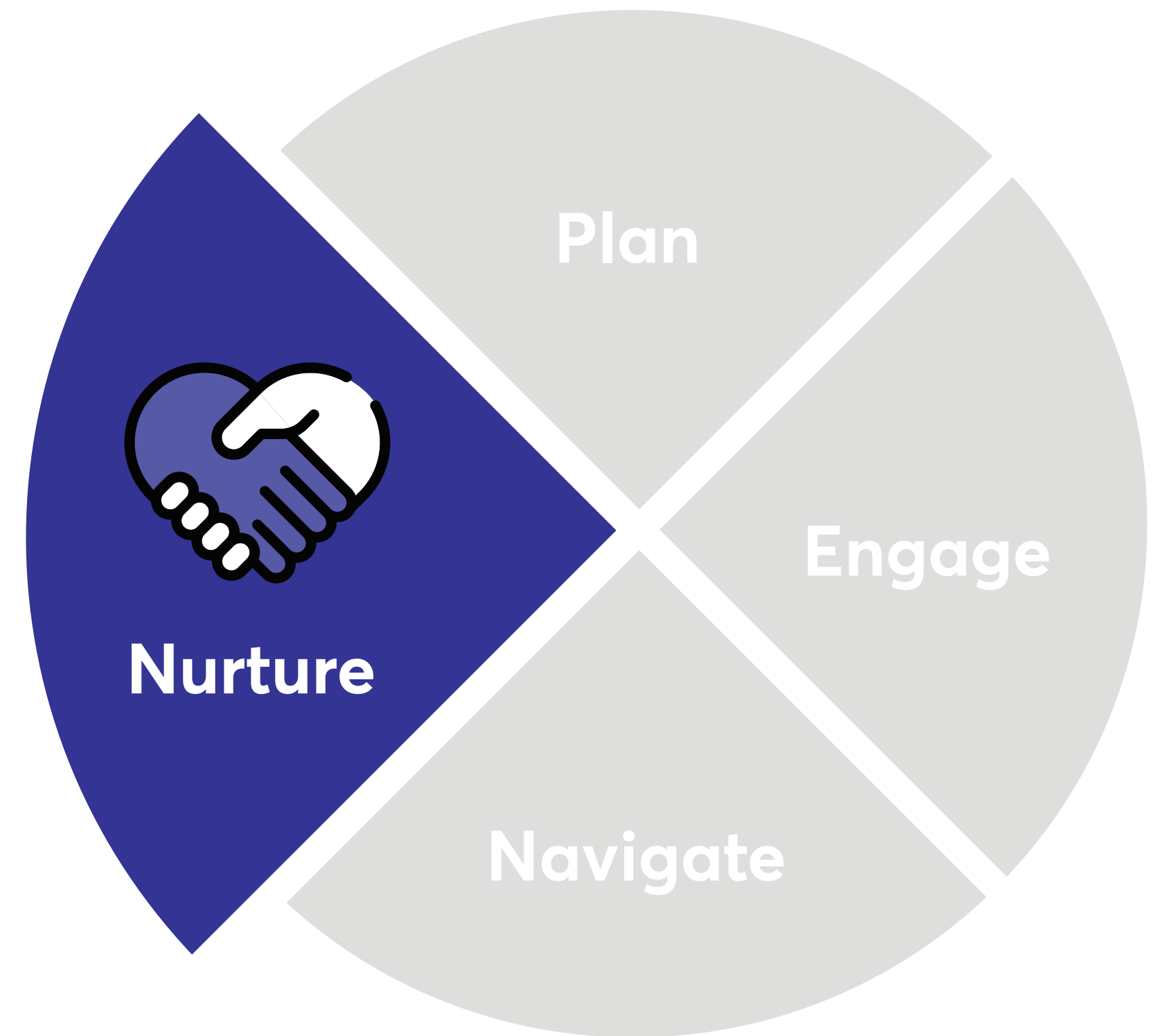
Ongoing support, encouragement and feedback ensures that your people get the most out of the program.

## Your workplace receives

- Proactive, leading, quality health care solutions
- Ongoing evaluation and partnership
- Long-term, sustainable model and ROI
- A platform to track utilisation with prompts & incentives
- Collated view of the effect from different wellness interventions over time

## Your people experience

- Programs to help them stay well addressing key lifestyle factors and how to manage health risks and conditions
- Milestones, reminders, motivators and accountability
- An evolving plan that changes with the individual





# A range of solutions tailored to you

## Mind



- Healthy teams & supportive relationship sessions
- Resilience series
- Healthy minds resources
- Stress management programs
- Massage
- Mindfulness instruction and mediation sessions

## Body



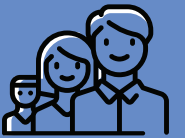
- Online health assessment, tracking and profiling
- Flu vaccinations
- Skin cancer and sun safety resources
- General health screenings
- Fatigue education sessions
- Healthy sleep programs
- Condition management plans

## Lifestyle



- Healthy action planning
- Wellbeing expert presentations
- Digital content, healthy tips and tools
- Health Coaching
- Weight management programs
- Wellbeing Challenges

## Workplace



- Workplace needs assessment
- Values at work series
- Leaders mental health training
- Team talk packs
- Financial wellbeing workshops
- Health insurance benefits
- Work health insights, recommendations and reporting



Enabled by our digital platform



# Health & Wellbeing solutions at your fingertips

Our health and wellbeing digital tools, application and platform can help connect your people to the right support when they need it.

## Your workplace receives

- Easy integration with your existing platforms through a single sign in
- Customisation options including co-branding, selection of content, programs and events
- A dynamic platform with in built engagement mechanisms, referral pathways, wellbeing challenges and rewards programs
- Comprehensive insights, benchmarking and reporting of all wellbeing activities through a dashboard

Coming  
Soon



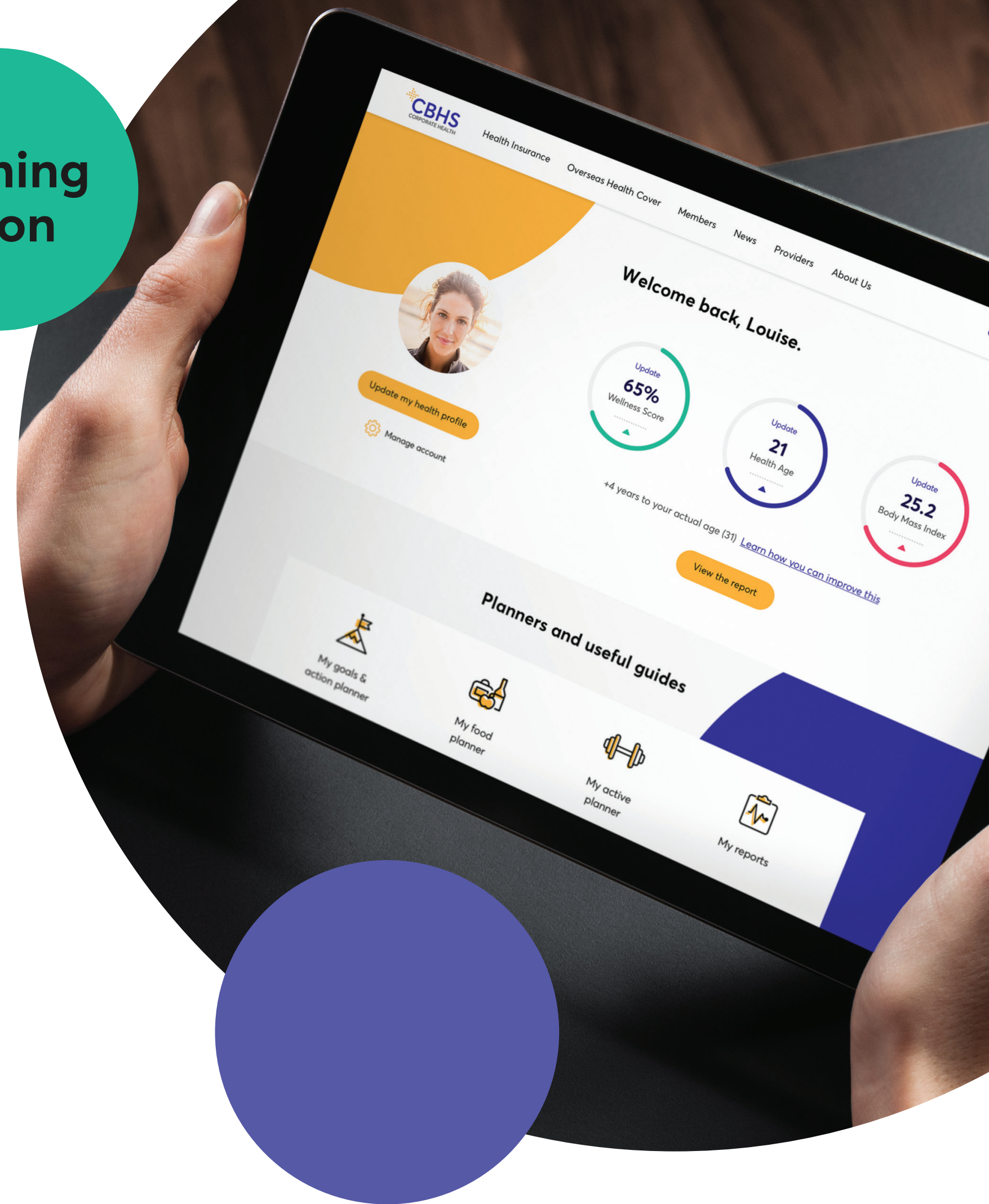


# Your personalised health profile on the go

## Your people experience

- A personalised health and wellbeing experience with ability to tailor communications, health profile and action plans
- Always available expert advice in navigating their health options
- Motivation to stay on track with healthy tips, tools, reminders and social forums
- A selection of lifestyle plans and health management programs to help people stay or get back on track
- Health and wellbeing on the move at work and at home with an easy to use application

Coming  
Soon





# A calendar of different activities to suit your needs

## Quarter 1



- LAUNCH!
- Workplace needs and online health assessment
- Skin cancer and sun safety resources
- Wellbeing expert presentations

## Quarter 2



- Nutrition challenge
- Health habits tips & tools
- Health coaching
- Weight management program

## Quarter 3



- Values at work series
- Team talk packs
- Healthy teams and relationship sessions

## Quarter 4



- Healthy Minds resources
- Mindfulness instruction and meditation sessions
- Stress management program



Louise's unique Health & Wellbeing plan



**Workplace  
happiness.  
The new ROI.**





# The impact to your culture can be visible within months

## Short term

In 3 – 12 months see real behaviour change

- More engaged, focused, attentive, connected, productive & resilient teams
- Better decision making

## Medium term

In 1 – 3 years see a change in the health profile of your staff

- More staff 'fit for work'
- Increased emotional, and mental wellbeing
- Increased staff attendance
- Greater job satisfaction

## Long term

In 3 – 5 years see a measurable business change and ROI

- Proactive risk management
- Increased productivity
- Increased staff retention
- Employee advocacy for the business
- A healthier & happier culture





# Start your workplace Health & Wellbeing journey today

We can conduct a no-obligation workplace needs assessment and work with you to design your workplace plan and calendar.



Learn more about our tailored Health & Wellbeing offering

[wellbeing@cbhscorp.com.au](mailto:wellbeing@cbhscorp.com.au)

