

EMPLOYEES HEALTH

Your Health & Safety Is Our Specialty



Our Corporate Services



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Corporate Health Introduction

We understand that the success of your organisation lies not only in the projects accomplished but also in the well-being of the invaluable individuals who contribute their time and talents. That's why we're excited to introduce our Health and Well-being Program – a tailor-made experience designed exclusively for your organisation's wellness initiative or corporate event.

Key Highlights:

- Safety, Satisfaction, Engagement:

Our program is a testament to our commitment to creating a workplace where employees feel safe, satisfied, and engaged. By prioritising individual health, we contribute to the overall well-being of your organisation.

- Wellness Days:

We instill healthy habits in your employees, fostering a culture of well-being. Through engaging activities and expert guidance, we encourage positive lifestyle changes that extend beyond the program itself.

- Employee Empowerment:

We empower your team to prioritise their health and well-being, recognising the direct impact on productivity and morale. A healthier workforce leads to a more robust and resilient overall health network within your organisation.

- Invest in the health of your employees and witness the transformative impact on your workplace. Choose our Health and Well-being Program for a holistic approach to organisational vitality.

- Teaching for Lifelong Health:

Our program goes beyond the ordinary, educating clients on how to reduce the risk of developing cancer, maintain a healthy weight, and ensure cardiovascular health.

- Protecting Your Employees' Health and Well-being

At Employees Health, our SkinSafe Program prioritises the health and well-being of your employees. Skin cancer is a prevalent concern, and early detection plays a crucial role in effective management.

- Corporate Skin Cancer Check Program:

We are pleased to offer our comprehensive on-site Corporate Skin Cancer Check program, providing medical examinations by experienced doctors. Our goal is to identify potential skin cancer risks, offer relevant advice, and provide a referral process to employees' own GPs for further management if required. Our state-of-the-art skin cancer center is equipped to provide treatments for any diagnosed cases.

- The Importance of Skin Cancer Checks
- Skin Health and Its Impact on Employees:

Highlight the significance of skin health, discussing the prevalence of skin conditions and their effects on productivity, absenteeism, and overall well-being.

- Early Detection and Prevention:

Explain how early detection of skin conditions can lead to more successful treatment outcomes and emphasise the importance of regular skin checks as a preventive measure.



Join us in fostering a workplace where health and well-being are paramount. Together, let's build a foundation for a healthier, happier, and more productive future.

Explore the possibilities our Health and Well-being Program holds for your organisation.

Companies We Have Worked With

Canada Bay Council	Sydney Opera House
Strathfield Council	Cypress Lakes Golf & Country Club
Lockyer Valley Council	Magenta Shores Gold & Country Club
Sydney Cricket Ground	Air New Zealand
Sydney Olympic Stadium	Tasman Aviation Enterprises (QLD)
Royal Botanical Gardens	Mirvac
Royal Mint of Australia	Transfield
Taronga Zoo	Thiess John Holland (Lane Cove Tunnel Construction)
Sydney Catchment Authority	Johnson & Johnson Pharmaceuticals
Sydney Water	Sanctuary Cover (QLD)
Australian Gas & Lighting Company (ACT)	British Aerospace
Hunter New England Rescue Helicopters	Boeing Airplanes
Many Golf courses in Australia	Fuji Xerox
	Syngenta

Employees Health Programs

Your Health & Safety Is Our Specialty

Welcome to Employees Health. This brochure outlines the range of corporate services currently available to you. Each description is a starting point and we would be delighted to deliver them just as they are, or to tailor them to meet your specific requirements. We are small enough to be able to achieve this but large enough to have all the expertise of much larger corporate health providers. During interactive presentations and activities our doctors pass on their wealth of knowledge to your staff. Using qualified medical physicians to discuss serious health issues with your teams shows a meaningful commitment to their health and improves your image as an employer of choice. We empower your employees to take responsibility for their own health and wellbeing.

Qualifications of our Physicians:

- ✓ Fellow of the College of General Practitioners
- ✓ Member of the Australian College of Skin Cancer Medicine
- ✓ Member of the Skin Cancer Society of Australia
- ✓ Work Cover Authorised & Injury Management Consultant
- ✓ Associate of the Australasian Faculty of Occupational and Environmental Medicine
- ✓ Chartered Professional Member of the Safety Institute of Australia



We work in accordance with state legislation



Wellness Programs

Our tailor made wellness programs will impact positively on your workplace. Apart from the direct benefits to your employees, an increasing number of employers are now reporting a significant return on investment from their wellness programs.



*“Looking after your people
improves retention”*

Employer Benefits

- ✓ Greater employee retention
- ✓ Improvement in employee morale and motivation
- ✓ Reduced absenteeism
- ✓ Reduced costs associated with illness and injury
- ✓ Improved productivity and resilience of your workforce
- ✓ Be regarded as a quality employer of choice

One Life and Live it Well Program

A wonderful and rewarding experience

This is one of our most popular launch programs that focus' on preventative health. It incorporates elements of all our presentations and programs, detailed over the next few pages.

Taking great care of your physical, emotional and intellectual health is essential for a balanced life. Our team of doctors and health coaches assist executives and corporations to maximise health and wellbeing. The aim is for the individual to take ownership of their own body, and in doing so maximise their health and quality of life.



Topics covered Include

Listen to your heart

Men's and Women's Health

Skin cancer and sun care

Healthy bodies and Ergonomics

Mind health coaching and stress management

Quit Smoking

Effects of drugs and alcohol

Sleep Hygiene

Cancer check list

Healthy Lifestyle

Skin Cancer Education & Screening

Minutes with us could add years to your life

Skin Cancer Screening and Training is a three part program that incorporates an educational and self-examination session, followed by an option for skin cancer checks. Our team of skin cancer physicians, experienced in skin cancer diagnosis and management, will visit your organisation onsite. We conduct a full body skin cancer check using the modern technology of Dermoscopy. We offer surgical and laser treatment of skin cancer; computer analysis of your moles; and digital photography of your skin for future reference and comparison.

Education session

Sun damaged skin and sun spots
Different types of skin cancer
Melanoma risk factors and diagnosis
Melanoma of the eye and choosing sun glasses

Self-assessment of risk of developing Melanoma
Sun and skin care
5 ways of protecting your skin
Bone health and vitamin D
The choice of a good skin cancer doctor



Our Doctors are qualified with diplomas in Dermatology and Skin Cancer Surgery, and extensive experience in Dermoscopy.

We are members of:

- ✓ *The Skin Cancer Society of Australia*
- ✓ *The Australasian College of Skin Cancer Medicine*

Skin cancers detected early have a 95% treatment success rate



Body Scanner

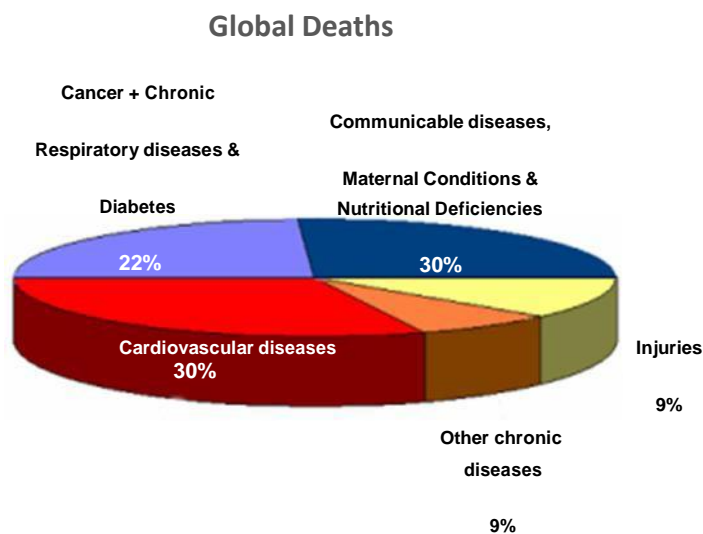
We use a sophisticated system of **digital Dermoscopy** for the clinical imaging to ensure the accurate diagnosis of pigmented lesions.

Healthy Heart Examination

Develop the skills & passion for a healthy life style

Globally, Cardiovascular Diseases are the number one cause of death and is projected to remain so. The risk if cardiovascular disease can easily be identified and prevented.

An estimated 17.9 million people died from cardiovascular disease in 2019, representing 32% of all global deaths. If current trends are allowed to continue, by 2030 an estimated 23 million people will die from cardiovascular disease (mainly from heart attacks and strokes).



Getting right to the heart of the matter, your staff is your most valuable asset (or potentially your biggest liability). By simple heart screening procedures we can identify which of your staff is an asset or a liability. The Healthy Heart Program works by focusing on the key risk factors that affect heart disease and what you can do to reduce these risks.

Listen To Your Heart Examination

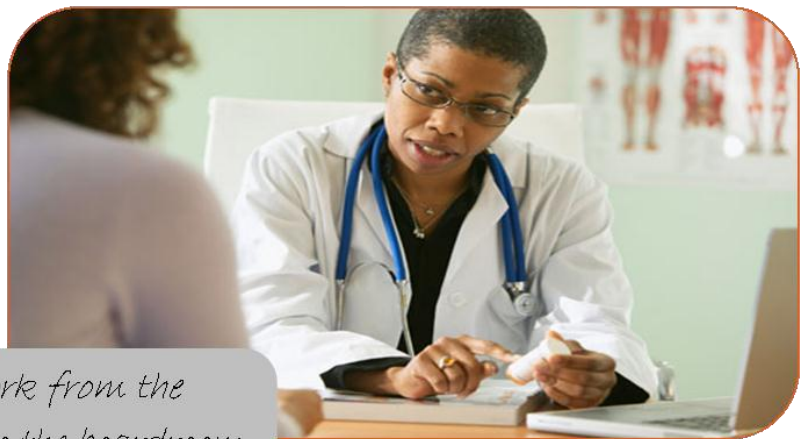
- ✓ Small lifestyle changes give great results
- ✓ Cholesterol effects & prevention Dietary management
- ✓ Diabetes effects & prevention
- ✓ Heart attack risk factors & prevention
- ✓ Sleep Apnea symptoms & management
- ✓ Stroke risk factors and prevention
- ✓ Principles of effective exercise regime
- ✓ Mind health

One-On-One Heart Coaching:

Our health coach will arrive onsite to check each employee's health and develop personal action plan with them. We will assess your employee's health risk factors for having a heart attack, stroke, diabetes, metabolic syndrome or other coronary heart disease in the next 10 years. Our program is fun and interactive, while providing your employees with the tools to create an individual action plan they can follow up with one of our doctors or their own GP.

Every employee receives a personal action plan or what we call the **"Health Passport"**.

This is customised to their results, and will be regarded as a tangible and a valuable benefit that you have provided to each of them.



Solutions that work from the shop floor through to the boardroom can be developed with our expertise.

When illness is dealt with in its early stages, its effect in the workplace can be greatly reduced. Issues such as high blood pressure, high cholesterol, diabetes and sleep apnea all contribute to low employee performance and increased absenteeism. Our healthy heart checks offer a cost-effective solution that addresses the general health concerns of your employees.

Executive Health Program

Happier, Healthier, Sharper and Successful

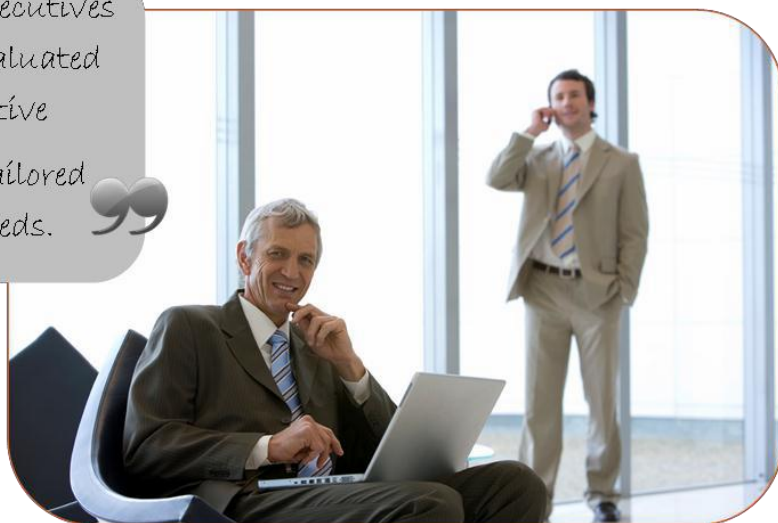
In today's tough environment, stress, travel, long hours, and excessive commitments can put your health at high risk. Many executives spend so much time thinking about and acquiring money or closing the deal, that they often sacrifice their ability to enjoy it. Isn't that silly?

Your executive staff is your most important asset. The mental and physical stress of deadlines, travel and a busy lifestyle, not only has an impact on your executive's ability to perform at their best, but also impacts on their ability to make an active contribution as a parent, spouse, or partner. Prevention is better than cure.

Premium Health Assessment

- ✓ Lifestyle assessment, nutritional counselling and fitness consultation.
- ✓ Comprehensive diagnostic testing tailored to specific age and gender.
- ✓ Facilities at the most conveniently located private hospital for cardiac stress testing/ CT angiogram and optional mammograms, bone density scans and chest X-rays as identified by the client's health requirement.
- ✓ Customised, one-on-one health evaluations, consultations and skin cancer screening.
- ✓ Personalised care plan and same-day results reporting.
- ✓ Includes test results, prevention measures, exercise and nutrition plans, and recommendations for follow-up care.

“The health of your executives will be thoroughly evaluated to determine a preventive healthcare program tailored to their individual needs.”



Proactive

Our Executive Health Program includes a full body health and medical check to establish your executive's health risk profile. We then provide medical advice on how to:

- ✓ Prevent the occurrence of those diseases and conditions considered high risk
- ✓ Ensure they are running at peak performance and maintaining a healthy, balanced lifestyle.

Privileged

We offer privileged, efficient treatment to time-poor executives.

Your senior staff will have a personal doctor assigned to them and their own case register created with ongoing assistance and support to ensure all your staff are able to maintain a healthy and balanced lifestyle, keeping them at their peak performance.

Comprehensive

An Executive Health Assessment is an in-depth review conducted by a panel of medical and health specialists including a medical practitioner, cardiologist, dietician and nurse. It includes exercise stress testing, lung function test, hearing test, pathology screening and skin cancer screening.

Flexible

We have a number of different program options to suit all needs and budgetary requirements.

Our executive medical service includes:

- ✓ Report on findings
- ✓ Identifying areas of concern
- ✓ Developing individual strategies
- ✓ Providing ongoing assistance and support
- ✓ Providing specialist intervention (if required)
- ✓ Final medicals as a measure of improvement



Men's Health Program

Igniting Your Spirit of Resilience

Learn to take responsibility for your health - Five men die every hour in Australia from potentially preventable illnesses. Men have a higher death rate than women from cancer, heart disease, diabetes, lung disease, accidents and suicide.

This poor health status is complicated by the fact that men are more likely than women to shy away from medical treatment and not to visit their GP if they feel unwell.

Males in Western societies, such as Australia, are less inclined than women to take an active role in maintaining their health. They are also less likely to seek professional help for problems, particularly those of an emotional nature.

Interactive Men's Health Program

Our expert Doctor will engage with your employees on some the issues that matter most to men:

- ✓ Healthy mind and healthy body
- ✓ Male Menopause
- ✓ Prostate cancer symptoms and risk factors
- ✓ Male breast cancer
- ✓ Testicular cancer presentation, risk factors and self-examination
- ✓ Skin cancer awareness and self-examination
- ✓ Colon cancer risk factors and management
- ✓ Healthy heart (diet, diabetes, heart diseases preventative measures)
Stroke (risk factors and preventions)
- ✓ Sleep Apnea symptoms and management
- ✓ Quit smoking
- ✓ Alcohol effects on the body and management
- ✓ Healthy eating habits and weight loss

Our program will focus on the health risk factors that are relevant to men (or for those with men in their lives). The format is lively, interactive and engaging.



Women's Health Program

Look, Feel & Be Fabulous

Women's Health focuses on creating a happy individual as a platform for a healthy employee. Education and awareness within your female workforce allows women to build an action program specific to their needs and background.

Interactive Women's Health Presentation

Our expert Doctor will engage with your employees on some the issues that matter most to women (or for those with women in their lives).

- ✓ Healthy lifestyle, emotional and physical health
- ✓ Your ideal body weight
- ✓ Cardiovascular diseases
- ✓ Breast lumps, pain and self-examination
- ✓ Breast cancer
- ✓ Cervical cancer and vaccine
- ✓ Genital warts and vaccine
- ✓ Vaginal infections and discharges
- ✓ Skin conditions
- ✓ Varicose veins and latest treatment
- ✓ Emotional well-being
- ✓ Mood changes and depression including post-partum
- ✓ Eat smart to lift mind and body
- ✓ Exercise to change the way you feel
- ✓ Pap smear and CIN



Being familiar with how your body works, what is considered normal and abnormal, will better help you identify early any potential health challenges and allow you to take action.



Mind Health Coaching

The Power of the Mind

Mind health is the hot topic for your employees. For instance, there is no way you can afford as a good employer to ignore the “black dog” that is depression. Depression impacts productivity within the individual, team and organisation.

Low mood or depression will affect 20% of us at some time. Everyone feels low or sad from time to time, but this becomes an illness if:

- ✓ The mood state is severe
- ✓ It lasts for 2 weeks or more
- ✓ It interferes with our ability to function in our everyday lives.

Topics Covered Include

- ✓ Why having a positive body image and good self-esteem important
- ✓ Eating disorders - psychological and social themes
- ✓ Explore influences that affect our self-esteem and body image
- ✓ Strengthening ourselves and others (be positive and respectful)
- ✓ Actions speak louder than words
- ✓ Building self-esteem & identity
- ✓ Supporting others
- ✓ Communication and support network for you and your children



“You take yourself wherever you go” is a commonly understood phrase. Yet most of us think that our mental health (and attitudes) magically appears or disappears at the office door. Unfortunately, this is not true.

We offer a program of assessments for each employee whereby they are given a customized understanding of their mental profile. Equipped with this they gain confidence and can understand how to work within their parameters and excel within their role.

Healthy Weight and Salt Awareness Presentation

You Are What You Eat

Is there an ideal weight we should all try to achieve? The answer is NO! There's no ideal weight that suits everybody. Each person is different and their healthy weight will be determined by different factors.

We all lead very busy lives and it can be difficult to find the time to be active. With fast food being thought of as the easy option and containing high levels of salt and fat, our health and weight is constantly in jeopardy. There are serious health risks that come with a high fat and high salt diet, sleep apnoea, problems in pregnancy, diabetes and blood pressure, to name but a few.

High blood pressure is unfortunately very common ailment in today's world. It is a major risk factor for cardiovascular disease and premature death. Reducing the average salt intake of the population is likely to decrease the burden of high blood pressure and improve public health.

Most people, however, consume more sodium in their daily diet than is required. To achieve optimum health our salt intake is an important part of our diet awareness.

Learn ways to minimise these health risks and enjoy a healthier life today. Our healthy eating tips and information on physical activity and nutrition can help you achieve and maintain your healthy weight.

Topics covered include

- ✓ Eat well, move more, think smart.
- ✓ Healthy or "normal" weight
- ✓ Tactics that work
- ✓ The evidence for a healthier diet
- ✓ Causes and solutions
- ✓ Taking action
- ✓ Weight and salt awareness
- ✓ Change is required to take action
- ✓ Are you ready? Set a goal.
- ✓ Fun can change behaviour for the better



Healthy Bodies and Ergonomics Program

Ergonomics is a Mindset

We spend a lot of our day in positions that are unnatural to our bodies - hunched forward sitting at a desk, hunched over a computer, behind the wheel of a car or slouched in front of the TV. Even just bad posture can add up to put stress and strain on our bodies. Compounded over time this can eventually cause injury and damage.

We take the time to cover the wide range of topics that compliment ergonomics in order to achieve long lasting, meaningful benefits for your team.

We have seen at first hand, the long term damage and acute injuries that can occur as a result of poor ergonomics. This program focuses on preventing these.

Topics covered

Safety through Health

- ✓ Health and lifestyle factors
- ✓ Mechanics of the joints and the human body
- ✓ Rules of Ergonomics

The Ergonomic Workstation

- ✓ Setting up your workstation for optimum comfort

Stretching and Core Stability

- ✓ Posture and musculoskeletal stretching with our exercise physiologist
Fatigue Management

How to recognise and combat fatigue



“Healthy Joints

are a

mind-set”

Fit for Work, Fit for Life

Specifically Tailored to Your Needs

In addition to the corporate training sessions included in this document, we also offer an interactive training program that we call "Fit for Work Fit for Life". We are very proud of the success of this product which focuses on offering a training package that is specific to your organisation's needs. We tailor our presentations to the work practices and needs at your organisation. We conduct an onsite visit and take photos of work practices and behaviour of employees in action. We then utilise this valuable information to identify high risk and dangerous behaviour/attitude and subsequently suggest and present alternative work methods and techniques to prevent and minimise workplace injuries.

Topics Include

- ✓ Manual Handling General
- ✓ Sexually transmitted diseases
- ✓ Manual handling specific
- ✓ Healthy bones
- ✓ Cancer awareness
- ✓ Shoulder care
- ✓ Men's health
- ✓ Healthy heart
- ✓ Depression
- ✓ Skin cancer detection
- ✓ Mental health
- ✓ Hearing conservation and protection
- ✓ Diabetes
- ✓ Heat illness
- ✓ Nutrition
- ✓ Sleep hygiene
- ✓ Driver fatigue
- ✓ Office ergonomics & back care
- ✓ Stress
- ✓ Driving, alcohol & drugs
- ✓ Insomnia
- ✓ Pesticides
- ✓ Stretching
- ✓ Eye protection & testing
- ✓ Knee care
- ✓ Quit smoking
- ✓ Women's health
- ✓ Fatigue
- ✓ Asbestos
- ✓ Work related stress
- ✓ Office ergonomics & back care
- ✓ Stress
- ✓ Driving, alcohol & drugs
- ✓ Insomnia



Travel Health Program

On line Consultation for a safe journey

Health Specialists Australia offers a tailored travel medical package to suit your specific destination, length of stay and medical history. Our Travel Medical Package assists to fully prepare you for travel so that you are protected from any potential illnesses and you can be assured to have a healthy and safe trip.

What is Included?

Vaccination for yellow fever, rabies, JE and Q fever

International vaccination books that are issued and stamped as proof of your medical checks

TRAVEL PACK containing:

- ✓ A fully equipped medical pack comprising of bandages, medication for diarrhea, nausea, stockings etc ...
- ✓ Antibiotics with a medical authorisation letter for you to present to customs officials.
- ✓ High potency insect repellents.
- ✓ "Travel well" book incorporating an Overseas Medical Directory and information on how to stay healthy whilst overseas.



“Employees Health assists to fully prepare you for travel so that you are protected from any potential illnesses and can be assured a health and safe trip.”

Quit Smoking Program

Quit for Life

Extensive investment and research with major government and private organisations that specialise in stopping smoking was recently undertaken.

This has allowed Health Specialists to develop a unique and evidence-based quit smoking program with proven outstanding success. Quit for Life is extremely popular and is part of the Lung Safe programs offered by Health Specialists.

Quit for Life is a practical, hands-on 1 month mentorship program, whereby the smoker identifies and deals with all the issues pertaining to their habit under the close supervision and support of a Health Specialists Australia doctor.

At Health Specialists Quit for Life program we address the psychological aspects of smoking - not just the physical. Participants learn various quit techniques and set a personal goal for their 'cut-off day'. When 'cut-off day' arrives they are prepared physically, psychologically and emotionally to stop - for good!

This is a step-by-step solution, not a quick-fix Band-Aid solution.

Our Success Comes from

- ✓ Including the individual's partner in the information sessions
- ✓ Buddy system for peer support
- ✓ Coach - the Quit Smoking Committee
- ✓ Focus Support Group
- ✓ Network of Doctors
- ✓ A long term support network is put into place



