



# ANNUAL HEALTH CHECKS



For every dollar we invest in our workers' health, we see a return of more than \$4 in reduced health care costs, lower absenteeism and improved productivity.

*W. Weldon, Chairman and CEO, Johnson & Johnson, Harvard Business Review, Jan/Feb 2011.*

Many employers are becoming aware of the benefits to their business of using the workplace as a setting for optimising physical, psychological and social health. With stress-related claims costing Australian business more than \$200 million annually and absenteeism costing \$7 billion annually, investing in your workers' health makes a lot of sense.

Ongoing Health Checks make sure that your team is productive and effective by:

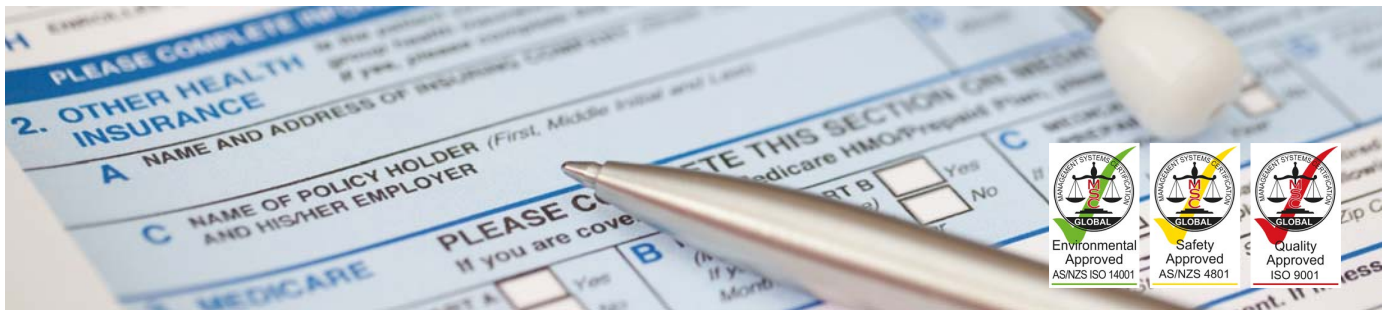
- Allowing employees to assess health risk factors in a quick + confidential manner
- Boosting staff moral and keeping employees happy + healthy
- Addressing health issues early which reduces absenteeism
- Educating employees to enable them to take action

Our experienced and qualified nurses will visit your premises at a time that best suits both your business and staff needs. The health checks are strictly confidential and conducted one on one.

If you think it makes good sense to get your workforce happy and healthy and to help them stay that way, then our ongoing Employee Health Check program is the ideal solution. The ongoing Employee Health Check program is designed to provide your employees with information and advice to reduce their risks for certain preventable diseases and boost their overall health and fitness.

## Key Messages

- ▶ Investing in your workers' health makes a lot of sense
- ▶ Annual Health Checks keep your team productive + effective
- ▶ All health checks are conducted by experienced and qualified nurses
- ▶ Our 3 step health check gives employees immediate results + educates them
- ▶ An annual health check program reduces absenteeism + improves productivity



## Did you know?

53% of Australian workers feel overwhelmed with stress and pressure most of the time.

Healthy employees are nearly 3 times more productive than unhealthy employees.

Unhealthy employees take 9 times more sick leave than healthy employees.

*The Health of Australia's  
Workforce, Medibank  
Private study*

## 3 Step Health Check

**Step 1:** Employees are given a questionnaire to fill out covering exercise, diet, smoking and alcohol consumption.

**Step 2:** Glucose, cholesterol, blood pressure and waist measurements are taken to determine the employee's risk of developing Type 2 Diabetes and Cardiovascular disease.

**Step 3:** Employees receive their results immediately and are provided with feedback and healthy lifestyle advice to aid them in making improvements.

The initial consultation is followed up by annual health checks which allow us to monitor progress over time and provide relevant information as required.

## Annual employee health checks make good financial sense

Did you know that unhealthy employees cost you money in terms of absenteeism, reduced productivity and low morale? Make sure your workforce stays healthy and effective by putting in place annual employee health checks which provide an ongoing health management program.

If you take the health and wellbeing of your workforce seriously then the ongoing Employee Health Check program is just what you need. Provided to your employees in the workplace, it will improve their awareness of what constitutes a healthy lifestyle and make them more conscious of the decisions they make. The end result will be a workforce that's healthy, effective and more productive.

Creating a healthy workplace and a healthy workforce with the help of professionals is the best way to position your business for long term growth. JTA Health will help you to actively promote and encourage your workforce to care about their own wellbeing. Our Corporate Health Management program has many team building activities that will create inspired, committed and motivated teams who want to improve their own health and vitality.

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