



better eating  
better health

# My Lifestyle Choice

## EMPLOYEE HEALTH AND HAPPINESS OHS PROGRAM

The Health and Happiness Program is a workplace solution that allows your business to promote good health to every employee at work and at home. The Health and Happiness OHS Program is a 24-unit program that provides information and resources to educate and improve the employees lifestyle. Units include:

- |                        |                 |                    |
|------------------------|-----------------|--------------------|
| ✓ Stress Management    | ✓ Alcohol       | ✓ Motivation       |
| ✓ Parenting            | ✓ Drugs         | ✓ Financial Health |
| ✓ Sleep and Relaxation | ✓ Sexual Health | ✓ Obesity          |
| ✓ Travel Health        | ✓ Bone Health   | ✓ Diabetes         |
| ✓ Smoking Cessation    | ✓ Mental Health | ✓ Skin Health      |
| ✓ Relationships        | ✓ Environment   | ✓ Men's Health     |
| ✓ Exercise             | ✓ Gambling      | ✓ Healthy Heart    |
| ✓ Food and Nutrition   | ✓ Oral Health   | ✓ Women's Health   |

## HEALTHY WORKPLACE

Good nutrition and regular exercise play a key part in this philosophy, but for well rounded improved health, other lifestyle factors come into play. It is all about improving the mind, body and soul as a whole. There may be issues occurring outside of work, that are having a direct influence on an employee's work performance or work availability. By providing information on a range of health and lifestyle topics, you are helping to educate your staff in a non-threatening or confrontational manner.

If your employees and workmates have an improved health status and are better educated in all areas of lifestyle happiness, the business will operate at a higher level because there is:

- |                    |                         |                          |
|--------------------|-------------------------|--------------------------|
| ✓ Increased Energy | ✓ Greater Concentration | ✓ Increased Productivity |
| ✓ Fewer injuries   | ✓ Less time off work    | ✓ Less Compensation      |

## FLEXIBLE TO ACHIEVE

You can implement over 24-weeks, on a fortnightly or a monthly basis. A week dedicated to employee health may be your preferred option. The program is completely flexible to your workplace needs. The material supplied allows all staff to participate regardless of shift rosters.

## **EASY TO PROMOTE GOOD HEALTH**

The program is supplied as a DIY workplace kit that your OHS representative or any other suitable person can implement. All the information required is supplied to allow you to statically display particular health units without targeting particular employees. To enhance your program, you can encourage your employees to participate in other suggested workplace activities. Employees are not required to attend seminars (but this is optional) so there is no lost employee hours.

## **COMPREHENSIVE INFORMATION**

The basic Health and Happiness Program kit contains a “how-to-implement” guide, 2 sets of fact sheets which have been customised with your logo, 1 set of laminated customised fact sheets, brochures and posters based on each health unit, a monthly health and happiness e-newsletter and access to local advisory and help contacts.

By having customised fact sheets it shows that your business is committed to providing information to your employees that will enhance their work and home life.

All employees have access to a comprehensive on-line library of relevant articles and up-to-date health information. A complete directory of services and “where to go for help” in your area is an added feature of the [www.my-health.com.au](http://www.my-health.com.au) website.

## **VALUE FOR MONEY**

The basic Health and Happiness OHS Kit is priced at \$695.00 (single site). A 1-day course which guides you through how to implement the Health and Happiness Program into your workplace is available at \$195.00 per person. Please contact us to find out when and where the next course is being held. A full-set of additional customised colour fact sheets can be purchased for \$9.90 per employee. Additional items including Health and Happiness packs and online meal planning are also available.

As staff are not required to attend seminars, although this is optional, the business saves money on wages and lost time dollars.

## **DELIVERY REQUIREMENTS**

Delivery time is approximately two weeks from order with payment required prior to dispatch. Payment can be made by cheque, credit card, online with paypal ([www.bebh.com.au](http://www.bebh.com.au)) or direct credit. You also need to supply an electronic copy of your business logo so your fact sheets can be customised.

## **ORDER YOUR KIT TODAY**

Contact us on (02) 49426835, order online at [www.my-health.com.au](http://www.my-health.com.au) or complete the attached order form and fax to (02) 49448315.