

Thank you for considering



Ezy Health Check

*Worker Health Checks... Ezy as 1*2*3**

**Worker Health Checks
funded by**

WorkHealth



) 1300 BE WELL

: www.workhealthcheck.com.au

* ezyhealthcheck@totalwellbeing.com.au

EZY HEALTH CHECK: WORKHEALTH ENDORSED SERVICE PROVIDER #1017



Check the things you can't see.

Why Worker Health Checks?

Work Health Victoria is giving employers the opportunity to offer their workers free, confidential and convenient health checks.

If, like us, you believe that a healthy workforce means a healthy business then we're sure the WorkHealth initiative from WorkSafe Victoria will be of interest. The program aims to improve health and productivity in the workplace by offering free health checks to Victoria's 2.6 million workers, including you and your staff.

Worker health checks look at factors that impact on personal health such as diet, exercise, smoking and alcohol consumption. By participating in health checks, workers get to learn more about the state of their health, particularly their risk of heart disease and type 2 diabetes. Workers found at high risk of developing type 2 diabetes and cardiovascular disease as a result of their health check will be able to access a range of lifestyle based intervention programs.

What are Worker Health Checks?

- They're quick, easy and completely confidential
- They happen at your workplace
- They are delivered by our Ezy Health Check Nurses
- They encourage your workers to learn about the state of their health
- They recommend actions that are easy and practical to implement
- They give employers the chance to kick-start workplace health and wellbeing
- Participation is voluntary and privacy is protected
- During the 20 minute health check, participating workers will:
 - complete a short questionnaire
 - Have their waist circumference, blood cholesterol, blood pressure & blood sugar measured
 - Receive immediate information and advice based on their results.

How much do they cost?

Worker Health Checks are free for companies regardless of company size as they are fully reimbursed by WorkHealth Victoria. We charge the same amount per health check as your reimbursement from WorkHealth. This means there is no net cost to you the employer.

Do you qualify?

As an employer, you are eligible to apply for health checks if you are a Victorian business or have Victorian based operations and pay a WorkSafe Injury Insurance premium, or are an approved WorkSafe self-insurer.

Where can I get more information?

) 1300 BE WELL

: www.workhealthcheck.com.au

* ezyhealthcheck@totalwellbeing.com.au



Check the things you can't see.

services call Rick Brouwer on 1300 BE WELL.

How do I apply and participate?

Organising your worker health check is as EZY as 1 * 2 * 3*

Step 1: Apply for Worker Health Checks

Complete the application form you received from us including our ID # 1017 and return it to WorkSafe by faxing to: 03 9641 1952

Step 2: Participate in Worker Health Checks

Following your application and approval by WorkHealth, we will contact you to schedule a suitable time for health checks to be conducted within your workplace. We will assist you with everything you need to promote and conduct your worker health checks.

Step 3: Promote Ongoing Wellbeing

Our innovative Total Wellbeing Check up, Coaching & Consultancy is at the for-front of health care that brings about real change. To find out more about this and our other workplace

FAQ's

How is my organisation reimbursed?

Ezy Health Check will invoice your organisation for the cost of the completed worker health checks on the day of your scheduled health checks. It is required that your organisation pays the invoice at this stage.

Regardless of whether your organisation has an annual remuneration of more than \$10million or less than \$10 million, we charge you only the rebated amount, meaning there is no net cost to your organisation. WorkHealth will then refund the total invoice to your organisation within 14 days.

What about the privacy of information for employers and workers

Privacy and confidentiality of workers and employers is protected both in the way in which health checks are undertaken and the way health information is collected and used. Any information that allows individual workers to be identified will not be provided to your organisation. It is unlawful for employers to discriminate against workers on health grounds and this will be strongly reinforced throughout the program. All health data will remain strictly confidential between the worker and health professionals.

Do I get any feed-back about the health of our workforce?

If an organisation has **more than 50 workers** participating in health checks, your organisation will be given the option to receive a feedback profile which provides details on the overall health of the workforce. The type of information in this report could, for example, include that 30 per cent of the workforce are smokers. Your organisation can use this information when introducing or expanding workplace activities aimed at improving worker health and wellbeing. If you don't want to receive this report you should let your service provider know. WorkSafe recommends that larger workplaces that choose to receive an employer feedback report should share the feedback from the report with workers (for example, with a Health and Wellness Committee).

What information do my workers receive?

Our Nurses have a number of information and tip sheets that will inform you workers about diabetes, heart disease, exercise, smoking, alcohol, diet and other relevant information. If a worker needs further assessment by a Doctor, our Nurses will encourage them to take appropriate timely action. Our Nurses will also encourage workers to participate in approved lifestyle intervention programs if appropriate.

Why Choose Ezy Health Check?

We are Endorsed by WorkSafe Victoria

EZY HEALTH CHECK has been endorsed as a service provider for the WorkHealth Program. ID# 1017. Only Suitably qualified organisations such as ours have this endorsement that allows you access to Work Health Funding.

We are an actual Health Provider

Ezy Health Check and the Total Wellbeing Medical and Counselling Centre are actual clinical providers of health care. We don't just *talk* about health care; we are *engaged* in health care delivery, day in day out.

100% free with Ezy Health Check

Regardless of your organisation size, the Worker Health Checks are 100% reimbursed by WorkHealth, with no out of pocket (i.e. no gaps) contribution required by your organization.

Free Additional Health Services

Check out our Bonus Offers on our website to see what additional services such as our 'Being Totally Well' Seminar you can access, totally free when you choose Ezy Health Check.

Flexible Appointment Booking System

EZY HEALTH CHECK provides easy to use appointment solutions with flexible start and finish times to suit all workers. We will arrange the best start and finish times, or even after hours checks if you have night shift workers.

Marketing and Administration Support

Ezy Health Check provides you with marketing resources that includes posters, emails, promotional gifts and other resources to maximize worker participation. We also give you step by step support to help you ensure everything goes smoothly from start to finish.

Complimentary Fruit @ Work : Total Wellbeing Seminars & more

Organisations with 40 or more employees receiving a health check can ask to receive a complimentary Fruit Basket when they sign up. More offers are available on our website. (See Bonus Offers Page)

We are a leader in providing ongoing Total Wellbeing Solutions

EZY HEALTH CHECK provides cost effective and innovative workplace health solutions by way of health services, seminars, consultancy and coaching. Our Centre has been developing the Total Wellbeing approach to health for over 15 years. This has enabled thousands of people to improve their physical, mental, emotional, relational, financial and spiritual wellbeing with evidence based, practical approaches. Our history of involvement with individuals & businesses as well as community & faith based organisations enables us to deliver positive health outcomes across a broad range of health and wellbeing arenas.

Health Promotion Grant

EZY HEALTH CHECK can assist organizations that are eligible with their application to WorkHealth for a Health Promotion Grant



Check the things you can't see.

Your Step by Step Guide to the Ezy Health Check Process

1. Apply For Worker Health Checks

EMPLOYER

- 1) Employer hears about the Worker Health Check program through;
 - Ø WorkSafe / WorkHealth (WH)
 - Ø Media
 - Ø Word of Mouth
 - Ø Total Wellbeing Medical and Counselling Centre
- 2) Employer applies using the Work Health Form Supplied, nominating Total Wellbeing Medical and Counselling Centre, EZY HEALTH CHECK (ID 1017) as preferred provider. Fax Form to Work Health on 03 9641 1952

WORKHEALTH

- 3) WorkHealth receives your application (10 working days to process application)
- 4) WorkHealth will assign Ezy Health Check as your Endorsed Service Provider.
- 5) WorkHealth will advise you that Ezy Health Check will contact you to start scheduling the WHC.
- 6) One of Total Wellbeing's Ezy Health Check Nursing Team will then contact you within 5 business days to discuss suitable scheduling for the WHC.

2. Participate in Worker Health Checks

Ezy Health Check

- 7) One of our Ezy Health Check Team will provide you with all the information you need to promote and coordinate the worker health check in your workplace. This includes posters, sign-up sheets, email outs, worker questionnaire and advice on how to really make the most of the checks.
- 8) The work place health checks are performed in your workplace as arranged over one or more days.
- 9) Employer fills in an *Activity Report which we supply* to validate the activity performed by our Nurses.
- 10) One of the Ezy Health Check Team will generate a *Worksite Profile Report* for employer's who have requested one who have had **more than 50 workers** participate..
- 11) Total Wellbeing MCC will issue the employer with an invoice for the WHC to be paid in full by the last day of the health check unless otherwise arranged.

EMPLOYER

- 12) Employer then generates their own invoice to WorkSafe which is for the same amount as invoiced by Total Wellbeing MCC.

Please note: To receive the reimbursement 3 things need to be sent to WorkHealth.

- Ø **The Signed Activity Report (we will provide you with this)**
- Ø **Your own companies generated invoice to WorkHealth**
- Ø **A copy of our Total Wellbeing MCC invoice which we provide to you.**
- Ø Invoices/reports should be sent to the following address:
WorkHealth
 GPO Box 4306
 Melbourne VIC 3001

WORKHEALTH

- 13) WorkSafe receives your employers invoice and pays within 14days.
- 14) When all invoices have been paid WorkHealth will issue employer with an acquittal letter.

3. Promote Ongoing Worker Wellbeing.

- 15) We will be happy to discuss how we can assist your ongoing health and wellbeing needs if you choose
- 16) Be sure to check out our special offers page to see our Total Wellbeing @ Work Offers

For More Details go to www.workhealthcheck.com.au