



*Excellence in Workplace Health
Australia Wide*



16 Years of Service Excellence

"There are many different ways of investing in one's business, but few are as effective as investing in the health and wellbeing of one's staff. Our programs are a serious investment in the number one business asset – people."



What Health Futures can do for your organisation:

- **Enhance your teams productivity** and track their progress
- Achieve a **healthy and motivated team** who perform more efficiently
- Significantly **reduce the cost** of absenteeism and presenteeism
- Counteract the negative implications of an **ageing workforce**
- Boost morale and promote a **healthy workplace culture**
- Maintain and improve your status as an **employer of choice**
- Help your organisation **retain key talent** and attract new staff
- **Track your organisational health trends** using our aggregated organisational health report
- **Identify serious conditions** ranging from diabetes, coronary illness, obesity to cancers
- **Reduce workplace related stress** and it's negative physical implications



Why you should use Health Futures:

- Established in 1993, we are specialists in onsite workplace health programs. We are the leading provider to the Australian Government.
- We are outcome focused and achieve results. We provide organisations with an aggregated health report to measure the improvements made as a result of health interventions. Provided year on year, we track the changes with your team.
- Superior equipment is used in all assessments. All medical results are lab accurate, a significant point of difference when comparing Health Futures with other health providers.
- Flexibility in our services allows you to provide a workplace health strategy that meets your exact requirements.
- Our delivery protocol results in a 75% take-up rate when applied. This is 25% above industry norms.
- Our programs, and consultants, are consistently rated in the 90th percentile by participants and organisations.
- We maintain ongoing communications with participants via newsletters, email check-ups, a call back facility seminar DVDs and more.
- We deliver our programs onsite, throughout Australia and New Zealand (including regional and remote areas).



OUR SERVICES:

Health Futures is a mobile workplace health specialist, we come to you. Within each service we have pre-packaged solutions, but can ultimately tailor services to suit your needs.



SIGNATURE PROGRAM

Over 16 years we have taken key elements from workplace health strategies and consolidated them into one brilliant program: The Signature Program is unique in that it is an entire workplace health strategy packaged on your behalf. So comprehensive in its nature, it is unnecessary to supplement it with additional elements.

EXECUTIVE HEALTH ASSESSMENTS

High level medical involving doctors and specialists designed to incorporate all health and lifestyle risk factors.

EMPLOYEE HEALTH ASSESSMENTS

Multiple pre-packaged and customised solutions for your workplace. All are delivered 100% onsite by our specialised team.

E-HEALTH

Interactive online health resources including health planners, results portals, books, articles, recipes and more. In total more than 4000 pages of searchable information. A one-off fee for lifetime access.

ORGANISATIONAL HEALTH AUDIT

A report is provided annually after health assessments are conducted to gauge the health of your team. With ongoing programs, we can measure the impact and the improvement in the health of your team.

LIFE-BALANCE FITNESS

An onsite fitness program involving a pre and post program assessment. Every week is themed, offering participants health resources in addition to physical training. All levels and abilities are catered for.

VACCINATIONS

Onsite Influenza Vaccination services that include total program management by our purpose built software. Participants receive a free subscription to our quarterly health newsletter throughout the year.

CALL US

Follow up support is provided via a call-back feature. After their assessments participants are encouraged to contact Health Futures to further discuss their results or related issues, or to seek additional information.

HEALTH EXPOS

A fully co-ordinated service that can be customised to meet your needs. Offering health assessments, information brochures, health discussions and more. Our displays attract the maximum number of participants.

SEMINARS

DVD or live format available. Speak to one of our team to discuss your requirements.

GYM MANAGEMENT

Offering fitness assessments, inductions, demonstrations or personal training in your organisations onsite gym. Part time through to full time management available.

MASSAGE, BACK CARE AND MORE...

If you want onsite massage, customised health newsletters, organisational back care charts or health books for your library, please contact us to discuss your requirements.



TESTIMONIALS



"Completely excellent, I think the Department invests well in it's staff and this is a great way to do it: to assist employees to maintain a healthy lifestyle and raise awareness of their personal health. I have become far healthier and more productive in my work because of the facilities the Department provides."

Department of Environment

"I thought the program was excellent, although I have undertaken many job related medicals, this was by far the most comprehensive in that it actually advised me of the results and how I could improve my health."

TFSA

"An invaluable course for raising awareness and learning how to maintain your level of well-being. Presented in a clear and entertaining way resulting in a series of simple messages which you retain."

Families, Housing, Community Services and Indigenous Affairs

"The program this year again was at a very high standard and well received and acknowledged by all who participated."

BHP

"Very impressed. I believe it is beneficial to monitor our health in this manner, as we are so busy that many of us tend to neglect going to the doctor, dentist and the gym. It provides us with an early warning system to monitor improvements or declines in results."

Outotec Pty Ltd

"I am very happy with the program, its results and recommendations given as a result of the blood test and health assessment. This is a fantastic program and I think its great that Customs IT have provided this service to its staff. I would recommend this program to anyone – it was fantastic."

Australian Customs Service

"An excellent program which was run extremely professionally."

Austbrokers

"Very good - educational information but most important thing for me is that my health and welfare are valued by my supervisor/manager."

Centrelink

"Professional, informative, a valued service."

Investec Bank Pty Ltd

"This is a fantastic initiative and I have used it to kick start a much needed fitness overhaul. I will be keeping a closer eye on my health and feel that this program provides a great baseline to compare future health & wellbeing assessments against."

Defence

"Very well run, Great information. Possibly a life saver. Without the programme, I wouldn't have had a clue that my cholesterol was that high."

Department of Immigration and Citizenship

"I think the program is a very good idea. It covers more than a general check up at the doctor, and you get a better idea of your overall health & fitness."

Bridgestone

"Absolutely brilliant - the one on one session and the seminar presentation could not be faulted."

Department of Agriculture Fisheries and Forestry

"The program exceeded my expectations and the information I was given was thoroughly explained. Very worthwhile."

MaxNetwork

"Excellent. The testing was much more thorough and complete than I have ever had done before, so I have a much better assessment of my current health status."

DAFF

"This is a wonderful program as it covers such a broad spectrum."

ITR

"Very favourable impression, clear advice, follow-up very good. Obliging and cooperative. Very professional manner and helpful advice given clearly and concisely."

Sydney Harbour Federation Trust

"Terrific - very down to earth approach to health & its benefits."

Innovation, Industry, Science and Research