

# ***LGIS Health and Wellbeing Program***

“ With Australians spending about one third of their lives at work, the workplace provides an important setting for health promotion and health prevention programs. ”



As a member of LGIS, you receive an annual funding allocation and access to a wide range of health and wellbeing services through a panel of professional service providers.

The LGIS program is designed to assist you in creating a healthier workplace, improve awareness of health issues, lower risk factors and in turn, improve your workers safety performance.

## ***The benefits of workplace health programs***

### ***To Employers***

- Reduce workplace injury and workers compensation claims
- Improve productivity
- Reduce sickness related absenteeism
- Improve staff morale
- Increase attraction and retention of staff

### ***To Workers***

- Improve morale, job satisfaction and motivation
- Improve physical and mental wellbeing
- Increase energy and vitality
- Improve concentration and productivity
- Improve health awareness and knowledge
- Improve opportunities for a healthier lifestyle

## ***This LGIS approach to workforce health and wellbeing allows our members to***

- Select health services that align with their respective organisation priorities
- Target specific areas that currently influence workers compensation statistics
- Choose from a panel of service providers to deliver the services
- Include elected members in the program

# The health activities

Through our panel of service providers LGIS offers a comprehensive range of health and wellbeing activities that are aimed at assisting you with creating a healthier workplace.



## Health assessments

Health assessments are designed to improve the health status of your workers. They provide a snapshot of current health status and education on strategies to initiate healthy behaviour change. A variety of assessment options are available with a range of tests included.



## Exercise and fitness programs

Exercising regularly is vital for good health and can benefit your local government by creating a healthy workforce that is more productive, has reduced absenteeism and fewer injuries. A variety of classes are available for groups and one-on-one sessions for individuals.



## Hearing testing

Regular audiometric testing allows for better risk management and greater awareness of any hearing loss for your workers. Annual testing is recommended, helping to reduce the risk of potential workers compensation claims for noise-induced hearing loss.



## Skin cancer screening

Over 95% of skin cancers can be successfully treated if found early. Appointments take 15 minutes and provide a full body comprehensive skin assessment by a qualified skin clinician or a GP professionally trained in skin cancer detection.



## Health seminars

Through the program you can access a variety of seminars and workshops covering a comprehensive range of health topics. The sessions are designed to be educational, fun and engaging to promote positive health behaviour changes.



## Mindfulness and resilience tool

Stress is consistently rated in the top two self-reported medical conditions of workers in Australia. The evidence-based mindfulness and resilience tool helps workers identify factors that contribute to stress as well as provide skills and tips on how to cope with stressful situations.



## Flu vaccinations

Approximately 20% of Australians are affected by the flu each year, with workers taking on average up to 6 days off work due to the highly contagious illness. Flu vaccinations are proven to be 70 – 90% effective in preventing the flu in healthy people.



## Corporate massage

Corporate massage allows workers the opportunity to unwind and recharge. Working long hours and daily pressures can lead to reduced work life balance and overall poorer health. Massages can reduce stress levels and increase mental clarity, job satisfaction, and productivity.



## Healthy lifestyle programs

These programs are designed to get workers moving more, eating better and feeling great. They are evidenced-based and developed on the principles of behaviour change, educating and supporting workers to develop new habits, skills and knowledge to maintain their health long term.

For more information on developing a health and wellbeing program for your local government please contact


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*The information in this document is of a general nature only and does not constitute legal advice. You should discuss the above information and your particular circumstances with your advisors before making any decisions.*

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