

The LGIS Health and Wellbeing program is designed to improve employee awareness and lower health and wellbeing risk factors.

**LGIS members receive annual funding to access services within the health and wellbeing program.**

Importantly, our services are evidence based and proven to raise health awareness and improve health risk factors at an individual level.

## Health screening and education



### Health assessments

Assessments aim to improve the health status of your workers. They provide a health status snapshot and education on ways to start healthy behaviour change. Choose from a variety of assessment options to best meet your needs.



### Health education

These services provide useful information on a range of topics and raise awareness of particular health issues. Sessions are designed to be educational, fun, engaging and help healthy behaviour habits in your workers.



### 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 GP trained in skin cancer detection.



### Financial wellbeing

Our financial wellbeing services will be welcomed by local government staff feeling pinched at the hip pocket. The services are general in nature, and will provide participants with a better understanding of their own financial wellbeing. Services can be delivered via in-person and online/webinar based learning



### Flu vaccinations

About 20% of Australians are affected by the flu each year, with workers taking on average up to six days off work. Flu vaccinations are proven to up to 90% effective in preventing the flu in healthy people.



## Lifestyle and behavioural change



### Diet and exercise

Engaging and practical services to raise awareness and provide workers with the knowledge, tools, and practical solutions to implement into their daily routines and lifestyles. Topics or services may include cooking demonstrations, healthy shopping and understanding food labels, group exercise classes and/or exercise services targeting specific age groups. In-person services have the best outcomes, however options for virtual or online delivery are also included.



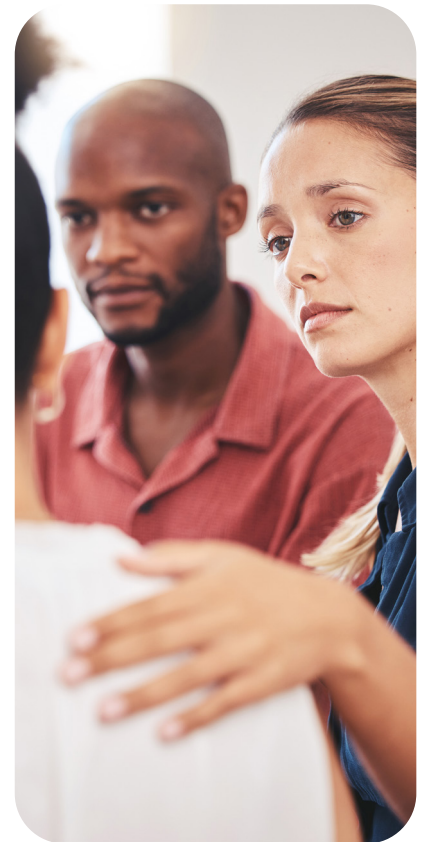
### Online behavioral change

These programs (online or via an app) provide participants with practical skills and tools to change their behavior. There's a variety of options that include workplace lifestyle challenges; video health consults; health platforms/learning modules; sleep and fatigue; and exercise and fitness.



### Mental wellbeing

These services support, educate and upskill workers to identify factors that contribute to stress. Workers are equipped with the skills and tips to cope with stressful situations such as COVID-19, dealing with uncertainty, and the importance of self-care whilst living in an ever-changing world. These services focus on awareness raising at the individual level.



For more information on developing a health and wellbeing program for your local government please contact the LGIS WorkCare Services Manager on (08) 9483 8817 or email [health@lgiswa.com.au](mailto:health@lgiswa.com.au)

August 2022

*The information in this document is general in nature and is not intended to be relied upon as advice regarding any individual situation and should not be relied upon as such.*

*This information is based on sources we believe to be reliable but we make no representation or warranty as to its accuracy.*

*No part of this document may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopying and recording, or by an information storage or retrieval system, except as may be permitted, in writing, by LGIS.*

*LGIS is managed by JLT Public Sector, a division of JLT Risk Solutions Pty Ltd (ABN 69 009 098 864 AFS Licence No: 226827) ("JLT") and a business of Marsh McLennan.*

*© 2022 JLT Risk Solutions Pty Ltd. All rights reserved. LCPA 22/187.*