



City of Melville  
Great West Aussie Adventure 2024

As part of your LGISWA scheme membership, we provide access to a range of risk management services to assist you in mitigating the risk of injury or harm to your people, assets and communities.

One of our long-standing member benefits is our wellbeing program, which provides a strategic approach to health promotion across the WA local government sector by underpinning our program with key strategies from evidence-based health promotion frameworks.

The services focus on the four (4) key pillars of wellbeing – physical, psychological, social and financial.

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

## Our aim is to:



**Prevent** health issues before they impact an individual's health and wellbeing by providing access to early detection through preventative screening.



**Educate** individuals on protective and risk behaviors and provide access to supports which improve health and wellbeing through implementing sustainable lifestyle and behavioral changes.



**Promote** health and wellbeing across the WA local government sector through consistent messaging, resourcing, projects, campaigns and services.





Shire of Collie  
Healthy eating cooking demonstration 2024

## Overview of services available



### Prevention and screening

- ▶ Health assessments (basic and comprehensive)
- ▶ Risk specific screening (chronic disease focused)
- ▶ Flu vaccinations
- ▶ Skin cancer screening
- ▶ Targeted pathology screening



### Lifestyle and behavioural

- ▶ Wellness health coaching
- ▶ Goal setting consults
- ▶ Diet and nutrition consultations
- ▶ Financial wellbeing support



### Education and awareness

- ▶ Health education seminars / webinars
- ▶ Team building / wellbeing activities
- ▶ Workplace expo stalls
- ▶ Health promotion strategy / planning



### LGIS Sector-wide initiatives

Each quarter LGIS will focus on one of the 4-pillars of wellbeing, with supporting resources and initiatives to help you promote a holistic wellbeing program.

Keep a look out for LGIS led campaigns, initiatives and resources.

## LGIS Wellbeing calendar framework

Q1 – July - September	Q2 - October - December	Q3 – January - March	Q4 – April - June
Physical wellbeing	Psychological wellbeing	Financial wellbeing	Social wellbeing

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

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