

...and before
you know it
you're here



Booking a visit

Booking a visit from a WorkCover Health and Wellbeing Advisor is a simple process. Our Advisors will come to you, free of charge and at a time that suits, and walk you through some cost-effective strategies to suit your workplace. This free and confidential service is available statewide.

Contact our Health and Wellbeing Advisors today.

P: 1300 776 572

E: workcoveradvisors@justice.tas.gov.au

www.workcover.tas.gov.au

An Australian workplace study conducted by Medibank Private in 2005 revealed that when comparing a healthy worker with an unhealthy worker, a healthy worker:

- was 3 times more productive
- had a self-rated performance of 8.5 out of 10: compared with 3.7
- took 2 days annual sick leave compared with 18 days

Good health.
Good business.



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A joint Australian and State Government initiative under the National Partnership Agreement on Preventative Health

Would you like free advice to help your workplace become healthier and happier, while also contributing to a healthier bottom line?

WorkCover's Health and Wellbeing Advisors can help you create a healthier and happier workplace. This may result in reduced absenteeism, sick leave and staff turnover. And as it's a free service, it won't cost you a cent!

A healthy business starts here...



Our friendly Health and Wellbeing Advisors will come to your workplace and assist you to:

- develop a health and wellbeing program tailored to your workplace and industry
- identify activities and health topics relevant to your workers
- monitor and review your health and wellbeing program outcomes
- contact relevant community and government services in your region.

Our Advisors will also provide you with publications, resources and tools to help you make a positive difference in your workplace.



Good food Good health

Using your workplace to promote healthy eating choices can have significant benefits for your employees, which in turn can improve your business's bottom line. Simple strategies such as educating your staff about healthy eating alternatives, providing a staff fruit and veggie bowl, or even just a refrigerator can lead to improved food choices.



Good exercise Good health

Providing an environment that encourages your workers to be active is a really positive step in improving the health of your workers. The national guidelines recommend 30 minutes of physical activity each day. A supportive work environment that allows workers to achieve a more active lifestyle may include flexible break times and working hours, subsidised gym memberships or group exercise opportunities.



Good habits Good health

Encouraging your workers to have healthy lifestyle habits will create a better environment in the workplace and improved employee performance. Assisting your workers with quit smoking programs and education about drugs and alcohol are both strategies that can lead to workers making better choices away from work.