

**Well @ Work (Australia-Private)**  
**<http://www.wellatwork.com.au/>**

**Part I: Summary**

Health Works Corporate is a privately owned company, founded by Ken Buckley in 1983. Health Works Corporate, a private initiative manages worksite health and fitness programs for some of Australia's leading companies. The Well@ work model has been used globally working with clients internal staff to implement health promotion and wellness programs for corporate clients. Interventions primarily include medical assessments with limited counseling available.

**Part II: Statement of Purpose**

Well@work was launched by an Irish Health Screening company setup by health professionals. They provide a health screening service for employees of local companies on company premises. Services are either provided by a mobile medical unit or in a suitable room at the work site.

The benefits of health screening with employee include:

For the Employee:

- Detection of illness
- Focus on preventative health measures rather than waiting for problems to arise.
- Changes required in lifestyle can be identified and recommendations made to reduce health risks.
- Avoid or minimize future costly medical expenses.
- Peace of mind and increase in self confidence.

For the Employer:

- Cost-effective employment benefit to your staff.
- As checkups are carried out on site the employee does not need to take more than half an hour off work.
- Potential increase in staff moral, confidence and concentration which can lead to an increase in productivity.
- Early detection of health issues can prevent future absenteeism.

**Part III: Outcomes**

Well@work works with human resource managers, risk managers, occupational health and safety professionals to assist their companies with

implementing programs to increase business performance by developing and maintaining their human resources and reducing the costs associated with poor health and injury at the workplace. Services include: Health Management Services, Corporate Fitness and Rehabilitation Services, Health and Safety Publications and Online Health Promotion.

- The Corporate Fitness team implement and manage in-house corporate fitness centers and can organize everything from aerobic classes, lifestyle promotions through to worksite rehabilitation programs.
- Health Management Services offer education on all aspects of health and safety through seminars, screenings, health fairs and special events. Screenings include flu vaccinations, vision, cancers, heart and cholesterol checks etc. Seminars range from topics on stress, work/life balance, people skills through to topics such as back care and First Aid. Health Fairs can be organized with stalls covering areas such as massage, healthy cooking demonstrations, vision screening, stress management.
- Health Works Corporate health and safety publications include "Well @ Work" Newsletter the largest circulated corporate health newsletter in Australia. Other publications include booklets covering topics such as stress management, shift work, nutrition, back care and injury prevention. Other products include posters on back care, injury prevention and stress designed especially for the workplace.

#### **Section IV: Additional resources**

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