



## Corporate Health Fairs



### Boost your company's health profile in a single day

The estimated cost of poor management of workplace health and injuries is 20-40% of a company's payroll each year. A Corporate Health Fair will provide your company with the tools you need to improve efficiency and productivity by managing sickness absence. Devoting one day to health assessment and promotion will be a cost-effective way to reap year-round benefits for your company.

### Is your company struggling with...?

- Staff who are injured, ill or have health risks that concern you
- Difficulty in identifying the company's health status or corporate wellness priority areas
- Staff with unhealthy lifestyles and a lack of knowledge about how they can improve their health

### The solution

If you only plan to implement one corporate wellness initiative in your company, a Corporate Health Fair is definitely the one to choose. A Corporate Health Fair will help to identify your company's health risks and priority areas. Within 20 minutes, your staff can have their health checked and receive individualised advice to improve their health risks, injury risks and work-life balance. Your staff will thank you for being proactive in their health management and your company will also reap the financial benefits of improved wellness in your workplace. You will receive a Company Health Report to give you a snapshot of your company's health status and to identify the priority areas which will make the most cost effective impact for your company.

### Benefits

- Detect staff with health conditions or risk factors before they become ill or injured
- Receive a comprehensive snapshot of your company's health and wellness
- Have the data you need to prioritise your company's corporate health initiatives
- Boost staff health awareness
- Boost team camaraderie

### Inclusions

Your Corporate Health Fair will be tailored specifically for your company's needs and budget. You may select inclusions from the following options:

#### Health risk testing and individualised advice

- Blood pressure testing
- Blood sugar and cholesterol checks
- Body fat testing
- Waist circumference measurements
- Flexibility and posture screenings
- Worksite ergonomic checks
- Iridology consultations
- Skin cancer checks
- Flu immunisations

#### Workplace health and wellness promotion

- Health promotion posters displayed in your workplace
- A corporate wellness seminar of your choice
- Cooking demonstrations with practical nutrition tips
- A group fitness session

