



Measuring Organisational Health

Is the health of your organisation costing you unnecessary dollars?

A healthy organisation runs better and faster

Find out what's holding you back with MyHealthCheck™

MyHealthCheck™ gives you invaluable insights into your employees' health. Discover what is affecting profitability and gather crucial data for creating a Healthworks® workplace health program designed to boost your organisation's productivity and prosperity.



The international measure for productivity

MyHealthCheck™ is an internationally validated and evidence-based health risk appraisal (HRA) tool used to measure employees' health and productivity.

The Health & Productivity Questionnaire (HPQ) included in MyHealthCheck™ is used by the World Health Organisation (WHO). Developed by Dr Ronald Kessler from Harvard University for WHO's Global Burden of Disease project, the HPQ:

- Assesses absenteeism and presenteeism by measuring the impact an employee's health has on productivity
- Provides information on the direct costs of untreated health problems
- Evaluates the Return on Investment (ROI) of workplace health programs
- Provides ongoing quality assurance once changes in employee health show a positive ROI

Healthworks® is the exclusive Australian provider of MyHealthCheck™.

ROI for Human Capital Investment

Studies prove workplace health programs achieve:

- Average 25.3% decrease in sick leave absenteeism
- 40.7% decrease in workers compensation costs
- \$5.81 saving for every \$1 invested in employee wellbeing*

Strong evidence exists to support the effectiveness of health and wellbeing programs in the workplace, resulting in a mutually beneficial partnership between employee and employer.

* Chapman, L.S. (2007) Proof Positive. An Analysis of the Cost Effectiveness of Workplace Wellness. Seattle, WA: Chapman Institute

Look what you stand to gain

MyHealthCheck™ followed by our best practice workplace health program will empower your workforce with:

- Greater energy and motivation
- Improved mental wellbeing and resilience
- Better concentration and performance
- Improved workplace relationships
- Improved job satisfaction and personal fulfillment
- Overall improved quality of life
- Knowledge of health & wellbeing
- Decreased personal healthcare costs
- Fewer on-the-job accidents



The bottom line for employers

- Reduced illness-related absenteeism
- Reduce the cost of presenteeism (health-related work impairment)
- Lowered workers' compensation and medical claim costs
- Improved employee engagement and morale
- Better management of an ageing workforce

What's involved?

MyHealthCheck™ addresses lifestyle behaviours and health risks by questioning:

- Alcohol, smoking, eating, and physical activity
- Coping factors: sleep, general stress
- Health indicators: age, weight (BMI)
- Existing conditions and family health history
- Work productivity and job satisfaction

MyHealthCheck™ is done quickly and easily online, taking just 10-15 minutes to complete. Typically, within 12 months staff members are asked to repeat the assessment to evaluate improvement and the employee-employer relationship.

For the employee

Participants immediately receive a comprehensive report including:

- Overall health risk score out of 100
- Simple and clear summary of overall health risk status
- Detailed report showing risks across 9 health domains
- Customised behavioural change health tips to facilitate improvement



For the employer

MyHealthCheck™ provides employers with an aggregate report of health issues in the organisation. A benchmark can then be taken to develop a tailored workplace health program. The second report, based on the repeated HRA assessments, then allows for calculation of ROI and further tweaking of the organisation's workplace health program for the best outcomes.

MyHealthCheck™ can be customised to provide extra in-depth feedback including:

- Up to 5 customised questions pertinent to your work place
- Up to 7 site locations or work groups that can be added for comparison

A Healthy Company is Good Business

Healthworks is the exclusive Australian provider of MyHealthCheck™, an internationally validated and evidence-based health risk appraisal (HRA), developed by experts in the corporate health field and used by companies to measure employee health and productivity. Contact us today at hra@healthworks.com.au for more details and a free trial, or phone us on 1300 90 10 90 (IDD 61-2-9954-1888).

myhealthcheck
Health Risk Appraisal

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