



virtual employee wellbeing.

A RANGE OF WELLBEING SERVICES OFFERED VIA REMOTE DELIVERY



introduction.

Delivery of wellbeing initiatives for employees has evolved from predominantly in-person, face-to-face delivery, to remote and flexible access to wellbeing services such as workshops, seminars, classes and workstation assessments.

The following guide outlines several available options for virtual or remote delivery of employee health initiatives.

virtual wellbeing workshops.

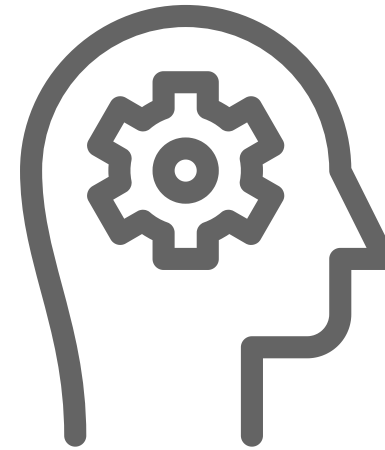
All workshops are delivered via teleconference or virtual meeting platform



8 ways to maximise wellbeing when working from home

- Cultivating the perfect morning routine
- Creating the optimal schedule for your day
- Easy but soothing stretches to do throughout the day
- Reducing boredom snacking
- Staying connected
- Exercising from home
- Creating boundaries between work and play

\$1,100 for virtual workshop



Managing stress and anxiety

- Practical tips to manage stress and anxiety
- Led by occupational counsellors
- Re framing and repositioning
- Deep brathing and mindfulness techniques
- Gratitude practice
- Resilience

\$1,100 for virtual workshop



Safe WFH posture

- Setting up your home workstation to reduce aches and pains
- Tips to move throughout the day
- Postural exercises to increase strength and position
- Self workstation assessment tips

\$1,100 for virtual workshop

virtual wellness & fitness classes.



We offer a range of classes that can be accessed remotely by employees when working from home, including:

- yoga
- meditation
- group fitness
- pilates
- tai chi
- stretch
- barre
- functional fitness

Classes start from \$220 per class, and can be accessed via your preferred teleconference platform at your organisation.

Please also enquire about our on demand virtual class platform, giving employees access to hundreds of classes in their own time (pricing tailored, free trial available).

WFH physical assessments.

All assessments are conducted by ergonomically-trained Physiotherapists via secure telehealth consultation



BRIEF

WFH ASSESSMENT: 20 mins

The most commonly-sought, in this session employees demonstrate their existing workstation setup via telehealth consultation, and work directly with the Physiotherapist to optimise their WFH setup to minimise postural issues and musculoskeletal injury.

\$45 per assessment



STANDARD

WFH ASSESSMENT: 40 mins

A more detailed review and modification can be required for certain employees.

In addition to the standard assessment, tailored recommendations and a report is provided to outline a detailed management plan to reduce further risks.

\$90 per assessment



WFH WORKSTATION
+ PHYSIOTHERAPY
ASSESSMENT: 40 mins

In addition to a Standard WFH Assessment, employees experiencing musculoskeletal stiffness, neck pain, back pain etc can receive a physiotherapy assessment and treatment advice via telehealth consultation.

\$150 per assessment
(volume dependent)