



absolute **medical** services

Our aim is to provide high quality, comprehensive medical care for the whole family.

Absolute Medical Services is a well-established and highly reputable medical practice in Lisarow serving the local community. The practice provides premium medical care and a genuinely exceptional patient experience, delivered by a highly compassionate, experienced and long standing team.

*Keeping your employees
healthier and happier*

TOP TIPS

that will help you stay healthy and well at work

Eight plus hours in a chair in front of a computer, five days a week can take an enormous toll on your body.

Keep hydrated



Drinking 6-8 glasses of H2O daily is recommended. A common cause of dehydration in the modern workplace is air conditioning and can cause symptoms such as tiredness, loss of concentration and headaches. Keep hydrated for better productivity.

Keep moving



Every hour or so, get up from your desk and move around. Exercise is key to health and wellbeing. Walking during lunchtime is a great idea, not only are you burning calories, but you're de-stressing and refreshing at the same time.

Healthy Lunch



Eat a healthy lunch at work and practice portion control so you aren't consuming too many calories and then sitting in a chair all afternoon. It may not be a case that you are eating unhealthy food, it's just that you are eating too much.

Snack Wisely



Reach for fruit instead of a biscuit when you feel the 3pm slump coming on.

Vaccinate



Against flu and if you are traveling, seek advice and appropriate vaccination for a more enjoyable and well deserved break.

Stretch often



'Deskercise' is now more critical than ever, stretch your neck, back, arms and legs consistently throughout the day, set your alarm clock if you need to remind you.

Stress less



Stress can impair your immune system, increasing the risk of illness, minimising it is essential. If you are feeling overly stressed, anxious or overwhelmed please seek advice from your GP on how to effectively manage stress levels.

Avoid eye strain



Eyestrain is another problem that can be encountered in front of a computer. It can cause headaches, difficulty focusing, and increased sensitivity to light. To prevent eyestrain, make sure your computer is positioned correctly, you should be able to comfortably read what's on your screen at that distance, without having to squint.

Did you know?

- Sickness and absenteeism costs organisations an estimated \$2,700 per employee each year.
- Workplace absenteeism costs the Australian economy between \$7 billion and \$18 billion per year.
- A workplace's healthiest staff are almost three times more productive than its unhealthiest staff.
- Reduced productivity from unwell staff attending the workplace is equivalent to the loss of six working days per employee per year.
- Australian workers are losing more than three days each year because of workplace stress.
- Workplace stress is costing the Australian economy \$15 billion per year.
- Depression causes 1 in 5 people to work at 40% capacity.
- Obesity results in an average work impairment of around 14%.
- Companies undertaking health & wellbeing programs on average reap \$5 for every \$1 invested.

Your workplace

health & wellness program

INCLUDING SERVICES AND BENEFITS SUCH AS:

- Corporate Medicals
- Pre-Employment Medicals
- Executive Testing
- Workers Compensation Services
- Flu Vaccination for you and your family
- Travel Vaccinations and advice
- Urine Drug testing
- Audiology
- Alcohol Breath Testing
- Spirometry
- ECG
- After-hours care available for you and your family
- Associated Pathology Services
- Associated Allied Health Provider Services
- Access to valuable healthcare information and resources
- Exclusive invitations to healthcare educational sessions
- Priority booking - first available appointments wherever possible
- Onsite educational sessions i.e. lunch and learns or breakfast sessions - i.e. stress management

Contact AMS now on 02 4328 5200 to arrange a complimentary meeting to discuss how the AMS Corporate Healthcare Program could benefit you and your employees.

FREE

AMS CORPORATE
HEALTHCARE PROGRAM
for corporate clients signing up.

“Trusted in health”, AMS is open 7 days offering high quality GP and allied health services to provide optimal integrated care.



absolute medical services

shop 21, Lisarow Plaza,
1 Parsons Road Lisarow NSW 2250
Phone 02 4328 5200
Email: mail@abmedical.com.au
www.abmedical.com.au

