

## **HEALTH AND WELLBEING SOLUTIONS**

Integrity Health & Safety partners with Healthworks to deliver cost-effective health and wellbeing solutions for your workforce.

Healthworks, part of the Australian-owned Occ Health Group, is a corporate health provider offering flexible, targeted services designed to support the needs of your business and employees.

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### **OFFERINGS INCLUDE**

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#### **Health Checks & Health Consultations**

- Heart Health Check
- Skin Cancer Check
- Hearing (Audiometry) Check
- Lung Function (Spirometry) Check
- Posture & Musculoskeletal Check
- Core Stability & Flexibility Check
- Vision Check
- Body Composition Check
- Nutrition Consultation
- Ergonomic Consultation
- Health Coaching Consultation
- Premium Coaching Consultation
- Sleep Well Consultation

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#### **Seminars & Training**

- Wellbeing Seminars
- Micro Wellbeing Webinars
- Mental Health Seminars
- Diet & Nutrition Seminars

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#### **Fitness Challenge**

- Nutrition Challenge

- Activate My Wellbeing
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### **Injury Prevention**

- Manual Handling Program
  - Ergonomics Assessment
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### **Additional Services**

- Health Expos
- *Well at Work* employee health and wellness newsletter