ethos HEALTH

Fit for Life

Workplace health made easy.



Making industries safer.

Mining | Government | Transport | Construction | Utilities | Health | Emergency Services

Access a library of ready-to-go resources to deliver on your Health and Wellbeing Calendar.

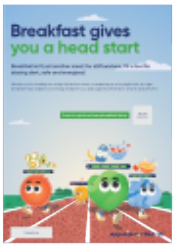
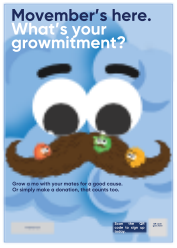
01 Choose assets from the library.

Filters | Search



1 2 3 4 5 6

02 Build a custom health and wellbeing calendar.

January	Feburary	March	April	May	June
+	+		+	+	
July	**August**	**September**	**October**	**November**	**December**
	+		+		+

03 Ready-to-go campaign material.



Fit for Life partners

GLENCORE · Ausgrid · HUNTER WATER · YANCOAL · PORT WARATAH COAL SERVICES

Creating healthy, happy and safe workplaces.

Fit for Life

Barriers



Knowing where to start and what to do?



Translating health needs into meaningful and sustainable actions.



Difficulty engaging workforce in behavioural change. Lack of organisational resources.



Finding delivery mechanisms that match individual and organisation needs.



Measuring health improvement and ROI.

Solutions

Plan

Workplace health needs assessment.

Health and Lifestyle Calendar with drag and drop themes and assets.

Do

Fit for Life Asset Library on-demand, pro-grade materials.

Health checks, education and training, challenges, and health technology.

Rev i ew

Data analysis and insights that drive continuous improvement.

Outcomes

Clear framework with data-led priorities.



Customisable 12-month health comms plan.



Consistent and engaging comms that saves time and budget.



Delivery that drives engagement and credibility.



Measurable outcomes in health, safety and productivity.

