

RECOVRE HEALTH AND WELLNESS



All employers have legal responsibilities to ensure effective systems are in place for monitoring the health & wellness of workers and workplace conditions.

Promoting physical and psychological health and wellbeing for your employees helps to ensure that you maximise the benefits that can be achieved for your organisation.

Recovre has a team of Allied Health (including Psychologists and Rehabilitation Counsellors) and WHS specialists that provide a range of wellbeing programs to meet your workplace requirements.



A healthy workplace can provide a positive ROI.



Businesses that care about good mental and physical health and wellbeing attract and keep top talent because they're great places to work.



As well as benefiting employees, a mentally healthy workplace can also be better for your bottom line, through staff engagement, higher productivity and retention and reduce absenteeism.

- For over 30 years Recovre has been known as Australia's leading provider of customised workplace health & wellness, safety, rehabilitation and training solutions to help individuals and organisations realise their full potential.

- Recovre's Workplace Health and Wellness programs are designed to support our clients to create cultural change, inspire commitment and elevate the work environment.

- We believe that each organisation is unique and requires a health and wellness strategy that is tailored to its specific business requirements.

- Our highly qualified, experienced and passionate people work collaboratively with our customers to foster a culture of health and wellness through tailored programs based on proven methods. We know that well-planned programs implemented after careful consideration with specific outcomes will yield positive return on investment. (Return on investment ranging from \$1.30 to \$4.70 on every dollar spent on essential mental health workplace wellness (Mental Health Australia & KMPG, May 2018)).

- We make a difference by helping people to be safe, healthy and productive at work.

HEALTH & WELLNESS PROGRAM DESIGN

ANALYSE

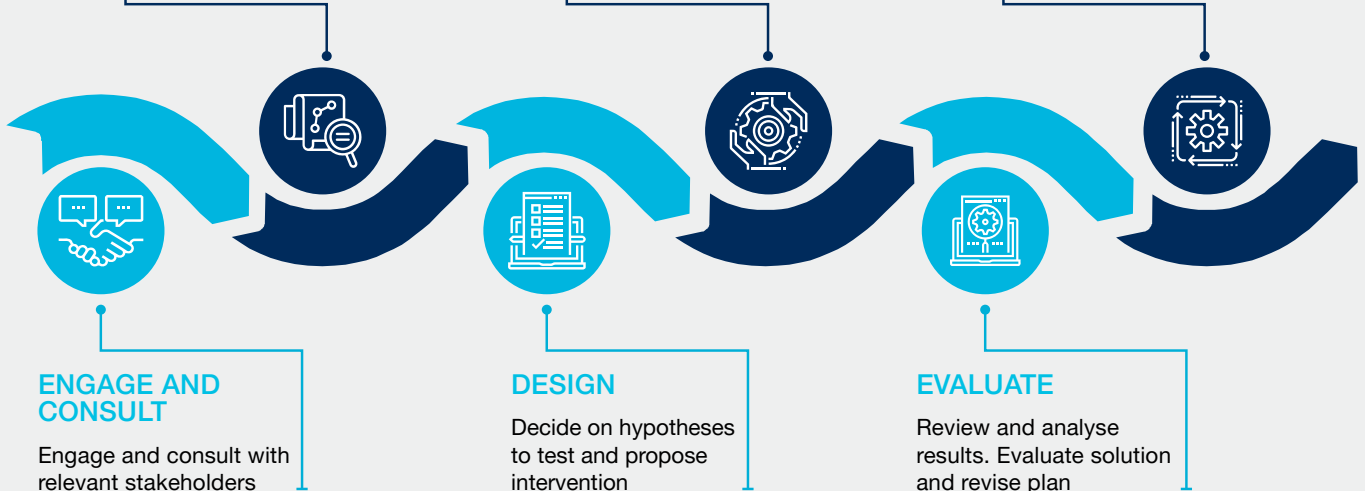
Identify and analyse the problem or opportunity for change
Develop hypotheses for what the underlying issues or causes are

IMPLEMENT

Implement selected action / solution

EMBED

Standardise, plan continuous improvement and action to embed desired outcome



HEALTH AND WELLBEING SOLUTIONS



CONSULTATION

- Gap Analysis, Review, and/or Audit
 - Health and Wellness policy, procedure and programs
 - Work Health and Safety (WHS) policy and procedures
- Develop and implement
- Health and wellness programs
- WHS programs
- Onsite WHS or Injury Management Consultant
- Critical Incident Management



ASSESSMENT

- Pre-employments Assessment
- Job Task Analysis / Job Dictionary
- Ergonomic Assessment
- Vocational Assessment
- Functional Assessment
- Psychological Assessment
- Work readiness
- Manual Handling
- Onsite WHS or Injury Management Consultant



HEALTH COACHING

- Wellbeing
- Mental Health
- Physical Health
- Nutrition
- Work-Life Balance
- Managing Change



RECOVRE BODY IQ

- Health and wellness mobile app



OCCUPATIONAL REHAB SERVICES

- Case management
- Same employer services
- New employer services



HEALTH SURVEYS

- Health and Wellness pulse checks and surveys
- Work Health and Safety pulse checks and surveys



EDUCATION AND TRAINING PROGRAMS

Workplace Health and Wellness training sessions are all customised examples:

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| <ul style="list-style-type: none">• Mental health<ul style="list-style-type: none">- Mindfulness- Resilience- Coping strategies / stress and anxiety- Mental health literacy | <ul style="list-style-type: none">• Physical<ul style="list-style-type: none">- Physical Health- Exercise- Nutrition- Sleep | <ul style="list-style-type: none">• Vocational<ul style="list-style-type: none">- Ergonomics- Manual handling- Workplace risk assessment- Job task specific | <ul style="list-style-type: none">• Social<ul style="list-style-type: none">- Workplace bullying and harassment- Dealing with challenging people• Financial<ul style="list-style-type: none">- Financial literacy |
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For a health and wellness consultation contact us at feedback@recovre.com.au or **T: 1300 550 276**