



Melbourne Health WorkHealth Checks 2010/2011

In 2009 the Victorian Government launched the WorkHealth Check initiative, offering free health checks to all Victorian employees. Following on from this launch, in 2010 Melbourne Health commenced WorkHealth Checks at their sites across metropolitan Melbourne. The WorkHealth Checks were delivered by Corporate Bodies International (CBI) and enabled workers to learn more about their risk of suffering from heart disease and type 2 diabetes.

Company Introduction

Melbourne Health is a major public health provider in Victoria, Australia. They provide comprehensive acute, sub-acute and community-based health care programs to about one-third of metropolitan Melbourne's population, as well as general and specialist services to regional and rural Victorians and statewide services.

Program snapshot

CBI conducted WorkHealth Checks (15 minute individual consultations) with Melbourne Health staff across 23 sites throughout November 2010 to March 2011.

Participation

WorkHealth checks was the first health and wellbeing program Melbourne Health has implemented for all staff. At the main site, Royal Melbourne Hospital – Parkville campus, the participation rate of those expected was 92%.





Services delivered

To assist workers to improve their health and wellbeing, the following steps were taken:

- An information session presentation; to introduce the program and increase staff awareness was delivered at the Royal Melbourne Hospital, Parkville site.
- Information regarding the WorkHealth initiative was included on the Melbourne Health intranet and posters were displayed at each site.
- WorkHealth Checks were delivered onsite, during work time, to employees across a diverse range of departments.
- Participants received information and advice regarding their health results during their health check.
- Key risk health risk factors assessed included cholesterol (total cholesterol and HDL), blood glucose, blood pressure, waist measurement.
- Lifestyle awareness was also incorporated into the health check and involved questionnaires regarding nutrition, physical activity, smoking and alcohol consumption.

Positive Outcomes

The initial presentation allowed for Melbourne Health board members and executive team to gain a good understanding of the WorkHealth initiative. WorkHealth Check findings enable the identification of key trends in employee health and lifestyle. Approximately 1,210 workers participated in these initial health checks. Workers were able to participate at a convenient and efficient health service whilst at work.

Sustainable Impact

The WorkHealth Checks conducted at Melbourne Health has demonstrated that large, multi-sited organisations can effectively and efficiently provide health and wellbeing services to their workforce. This particular program demonstrates that those working within the health industry also appreciate and benefit immensely from being able to access external health services whilst at work.