

WorkHealth – Working towards better health

WorkHealth is a new initiative promoted by WorkSafe Victoria. The aim is to improve the health of Victorian workers, and the productivity of workplaces through voluntary programs to promote health and wellbeing.

WorkHealth will give up to 2.6 million employers and workers in Victoria the opportunity to participate in one of the below:

1. [Worker health checks](#) - offering workers a free and confidential health check to help them understand their risk of heart disease and type 2 diabetes.
2. [Workplace health promotion grants](#) - employers who have offered health checks to the majority of their workers in the past two years can access a grant to expand existing workplace activities.

Benefits of WorkHealth

Research has estimated that over one million Victorian workers are at risk of developing a chronic disease and may be more likely to be injured at work or recover more slowly from their injuries.

WorkHealth aims to achieve a greater focus on health within the workplace for the benefit of workers, employers and consequently the wider community.

This includes ensuring the workplace is:

- an environment where employers and workers can together achieve improved health and wellbeing
- an environment where workers can support each other to achieve improved health and wellbeing

For workers, the personal benefits of participating in workplace health programs are likely to include:

- improved health awareness and knowledge
- improved physical and mental health
- increased energy to do the things you want to do
- increased enjoyment of work

- improved concentration and productivity

For employers, the benefits of providing workplace health programs are likely to include:

- improved productivity
- improved staff morale
- reduced absenteeism
- reduced presenteeism (remaining at work when unwell)
- reduced staff turnover
- reduced workplace injuries
- improved worker relations
- maintaining the skills and experience of ageing workers

To find out more about the WorkHealth program and whether you are eligible for a workplace health promotion grant, go to <http://www.workhealth.vic.gov.au>

