



WORK-LIFE INTEGRATION: HEALTHY, HOLISTIC, FLEXIBLE

A MEMBER OF THE RAMSAY HEALTH CARE GROUP



Presented by Richard Lizzio, Chief Executive Officer

WorkLife@GPH

GREENSLOPES
PRIVATE HOSPITAL

People caring for people



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Greenslopes Private Hospital



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HEALTH CARE
INNOVATION

Greenslopes Private Hospital

- HR Leadership award for best Health & Wellbeing strategy 2009
- AHRI Martin Seligman Best Health & Wellbeing award
- Finalist National Work & Family Awards 2009
- WHO Health Promoting Hospital 2005 onwards
- APHA Australian Private Hospital of the Year 2004
- Queensland Large Employer of the Year 2004
- Community Services & Health Industry National Training Award 2004



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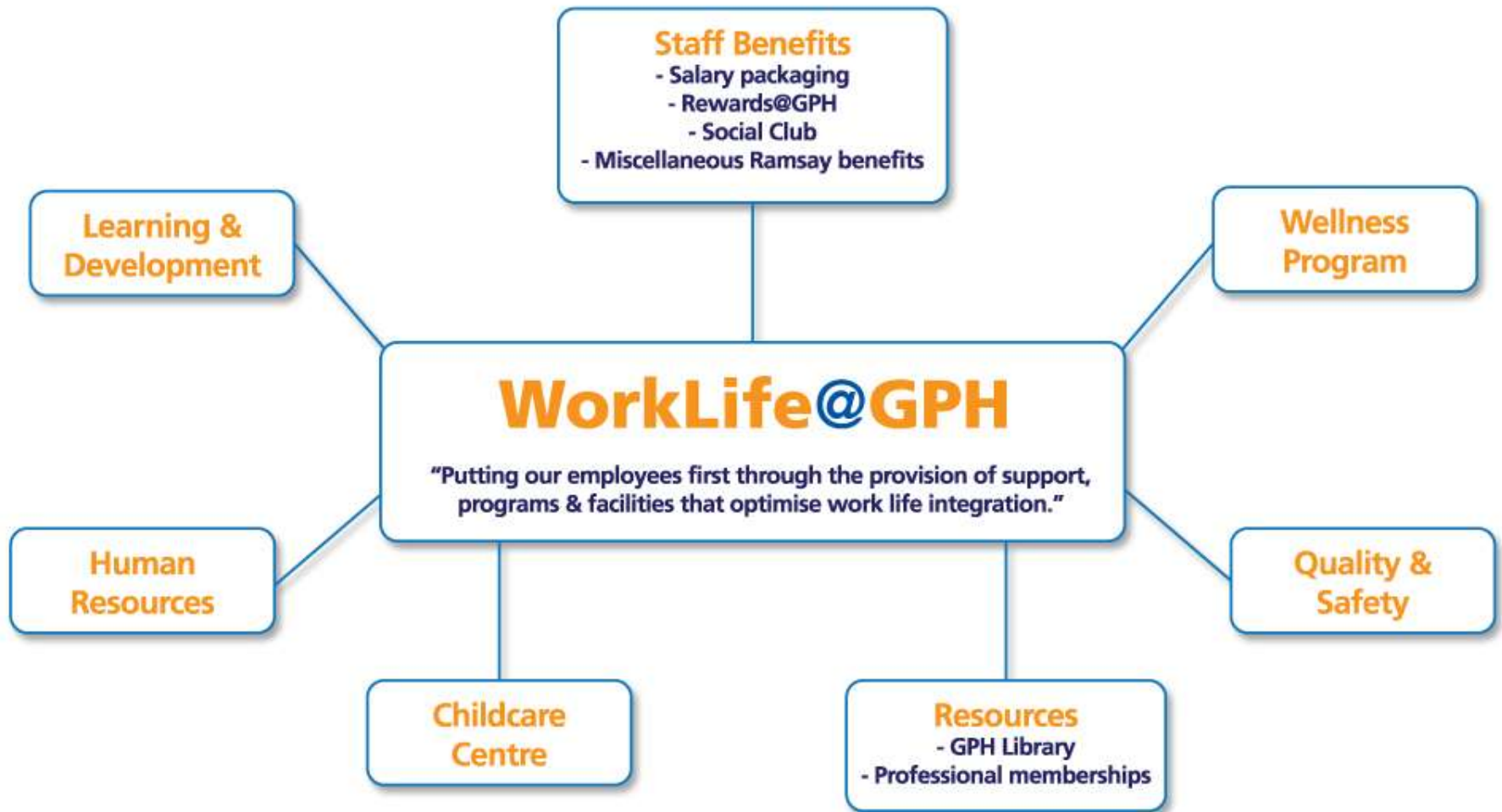
WorkLife @ GPH - drivers for change

- Recruitment & Retention
- Employer of Choice
- Social trends & impact on health
- Corporate Social Responsibility
- Ageing Workforce
- LTI's & Work Cover



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A holistic view



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Case Study - Child Care Centre

“ In a nutshell I think that the Greenslopes' Childcare facility is brilliant....the fact that it is on site is great. I have been able to return to work sooner.....I can breastfeed while I am at work. ”

Karen, Registered Nurse



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Rewards@GPH



2010 / 2011 Rewards@GPH

100 Rewards@GPH Shares (\$10 value)

- APHS Pharmacy voucher
- Birch Carroll & Coyle movie pass
- Bottle of wine
- Box of chocolates
- Coles Myer gift card
- Hudsons Coffee voucher
- Woolworths WISH gift card

200 Rewards@GPH Shares (\$20 value)

- APHS Pharmacy voucher
- Bunnings gift card
- 4 Casual Gym Visit/Exercise Class pass *
- Coles Myer gift card
- Double Birch Carroll & Coyle movie pass
- Fresh Flowers (incl. box) #
- 30 min No More Knots massage voucher #
- Westfield gift card
- Woolworths WISH gift card

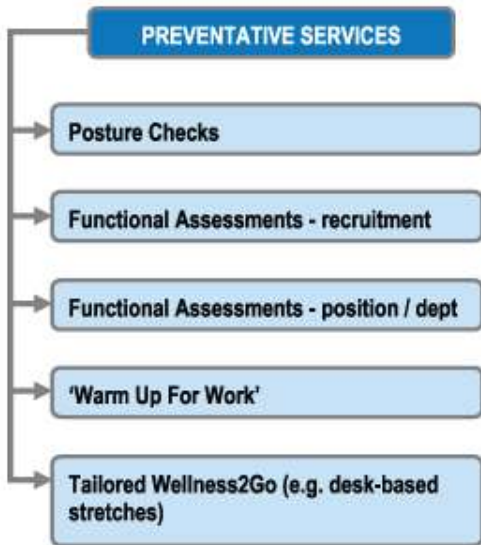
500 Rewards@GPH Shares (\$50 value)

- Bunnings gift card
- Casual Gym Visit/Exercise Class pass *
- Club Wellness Centre pass *
- Coles Myer gift card
- Fresh Flowers (incl. box) #
- Westfield gift card
- Woolworths WISH gift card

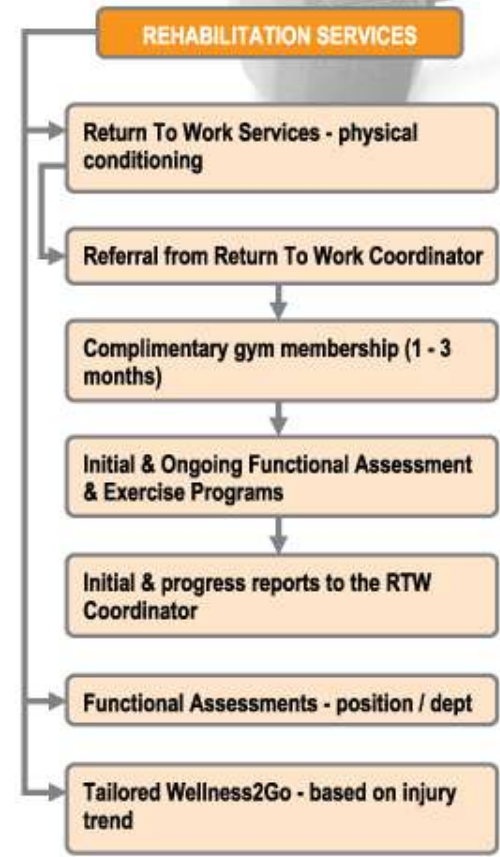


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Exercise Physiology



Note: Other Wellness programs and services contribute to preventative, fitness and rehabilitation services (e.g. Wellness Welcome Pack for new employees - complimentary ergo check, posture check and gym pass; massage services; relaxation & meditation sessions etc).



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Financial Wellness



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Wellness Assist



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HEALTH CARE
INNOVATION



Bistro healthy eating cards

Helping you make an informed choice

What do the colours mean?

GREEN:
Everyday
Foods

These foods should form the bulk of your choices

AMBER:
Sometimes
Foods

Consume 2-3 times per week maximum

RED:
Occasional
Foods

Consume on most days

How do I read the cards?

ENERGY
Look for meals with less than 2500kJ (595 cal) per serve

FAT
Look for meals with less than 3g saturated fat per serve

COLOUR
Green = everyday food

LOW GLUTEN
Foods that are gluten free or have very low gluten levels have been labelled as 'low gluten'

SUGARS
Consume only moderate amounts of sugar and foods containing added sugar

| | Chilli and Ginger Fish | |
|------------------------|------------------------|-----------------|
| | Small Container | Large Container |
| Energy kJ | 4200 | 8100 |
| kJ per 100g | 1050 | 2025 |
| Total Fat g | 5.9 | 1.8 |
| Total Fat per 100g | 5.9 | 1.8 |
| Total Protein g | 22.0 | 22.0 |
| Total Protein per 100g | 22.0 | 22.0 |
| Total Sugar g | 1.4 | 1.4 |
| Total Sugar per 100g | 1.4 | 1.4 |

PROTEIN
Australian adults should consume approximately 2g protein per kg of body weight

This service is provided by Greenslopes Private Hospital

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Wellness2go



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HEALTH CARE
WELLNESS

Corporate sports



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Health promotion



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HEALTH CARE

Key success factors for creating a wellness revolution @ GPH

1. Active support & participation by senior management
2. Alignment of wellness goals with organisational strategy
3. Multi-faceted approach
4. Managed by the organisation
5. Targeted to the unique needs of organisation
6. Supportive wellness environment & culture
7. Engagement of key stakeholders in program development & delivery



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Key success factors for creating a wellness revolution @ GPH continued

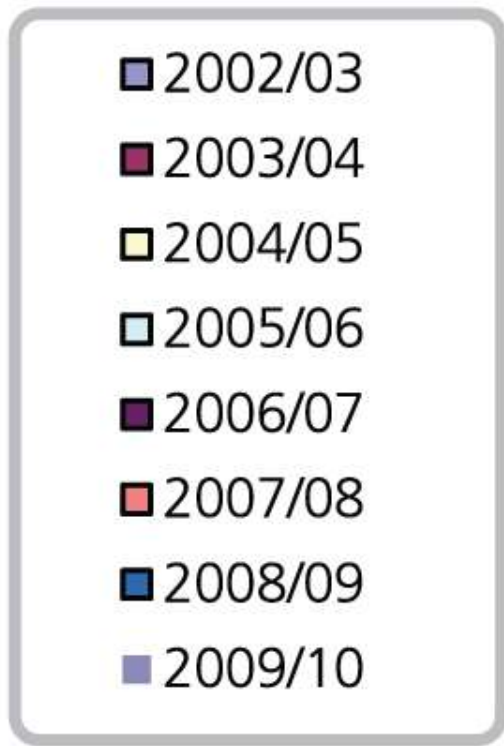
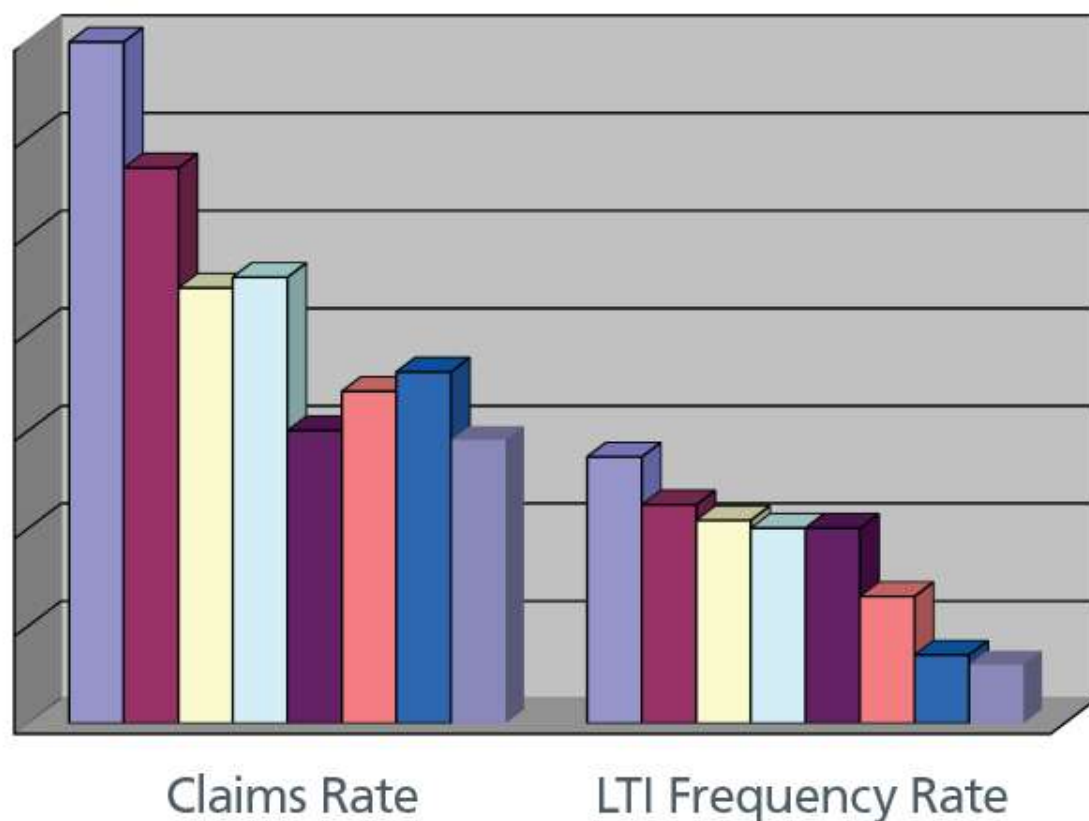
8. Results-oriented approach
9. Incentives & rewards to encourage participation
10. Targeted & ongoing mass communication & marketing
11. Variety of engagement modalities & removal of barriers to participation
12. Medium-long term focus
13. Wellness as shared responsibility
14. Comprehensive & ongoing evaluation



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OH&S outcomes

GPH OHS Indicators 2002-2009



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Case Study – Wellness Centre

“ I commenced with Greenslopes Private Hospital in March 2010 in a suitable duties capacity following an injury while I was working for Cairns Private Hospital in August 2009. As soon as I was allowed to commence gym, I did. This was also in March 2010 and with the Greenslopes Private Hospital Wellness Centre who have been supportive and encouraging. The Greenslopes Private Hospital Wellness Program has assisted me with endurance, building up my confidence and making me more comfortable with myself. I find that gym is a good way to relax after work and best of all, I have been able to compare my fitness level and the improvements I have made since commencement with the Greenslopes Private Hospital Wellness Centre as I have maintained contact with the same exercise physiologist since commencement.”

Luzette, Registered Nurse

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