

### **Royal District Nursing Service - WorkHealth checks (WorkSafe)**

Royal District Nursing Service is proud to be a provider of workplace health checks for the WorkHealth program, a WorkSafe initiative supported by the Victorian State Government.

As an endorsed provider for the WorkHealth program, RDNS brings an unparalleled level of professional nursing knowledge and skill to the WorkHealth program.

#### **What is WorkHealth?**

WorkHealth is an initiative of WorkSafe, supported by the State Government, designed to improve the health of workers in Victoria. The WorkHealth program offers organisations confidential health checks for employees to help them assess and understand their risk of certain medical conditions, such as heart disease and Type 2 Diabetes.

The focus of WorkHealth is on the prevention and early identification of health problems associated with blood pressure, cholesterol, high blood sugar and other conditions. By assessing workers in the workplace, there is a greater opportunity to help people take steps to improve their overall health and/or identify risk factors for certain medical conditions.

Health checks are free to employees of companies with a payroll of less than \$10M per annum and substantially subsidised for companies with a larger payroll.

#### **WorkHealth Checks delivered by RDNS**

As the largest community nursing organisation in Victoria, Royal District Nursing Service is perfectly positioned to conduct workplace health checks and assist employers and employees to better manage their overall health.

Under the WorkHealth program, an organisation is offered confidential Health Checks for their employees, delivered in the workplace by a fully qualified nurse from RDNS.

RDNS' nurses will conduct a confidential one-on-one, 20 minute health assessment. This check will provide employees with an overview of their health, including a focus on any obvious risk of heart disease and Type 2 Diabetes.

#### **Benefits of WorkHealth**

For employees, the benefits of the WorkHealth program are numerous including: easy access to a proper health check by a qualified nurse without leaving the workplace; an opportunity to understand their general state of health and the chance to identify certain health risks.

Employers benefit from being able to implement health and wellbeing programs in the workplace, improved worker productivity, higher staff morale and reduced absenteeism.

#### **How to apply for WorkHealth**

To be eligible for the WorkHealth program, an organisation must be Victorian-based, or have Victorian-based operations, pay a WorkSafe Injury Insurance premium or be an approved WorkSafe self-insurer.

For more information or to arrange WorkHealth checks for your organisation, simply visit the RDNS website at [www.rdns.com.au](http://www.rdns.com.au)

Or contact RDNS directly to discuss your WorkHealth needs - phone Heather Hollingsworth on **1300 33 44 55** or send your enquiry via email to [workhealth@rdns.com.au](mailto:workhealth@rdns.com.au)