

better health
better people
better performance



better health, better people

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We live and work in a highly technical and competitive, yet time poor society where we often place our own health needs last. Apart from the obvious personal cost, research has shown a proven link between poor employee health and the resultant increased cost to business through unplanned retirement, absenteeism and poor productivity.

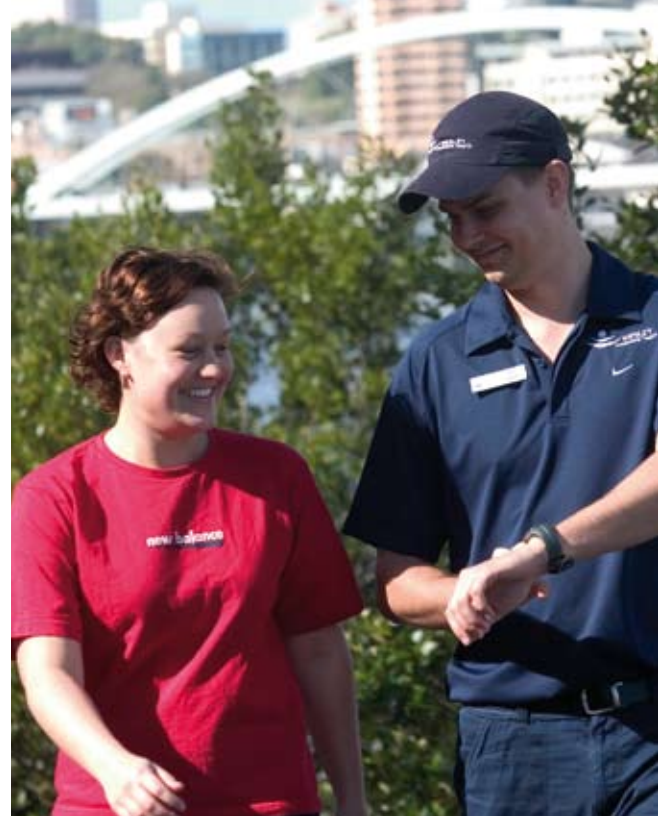
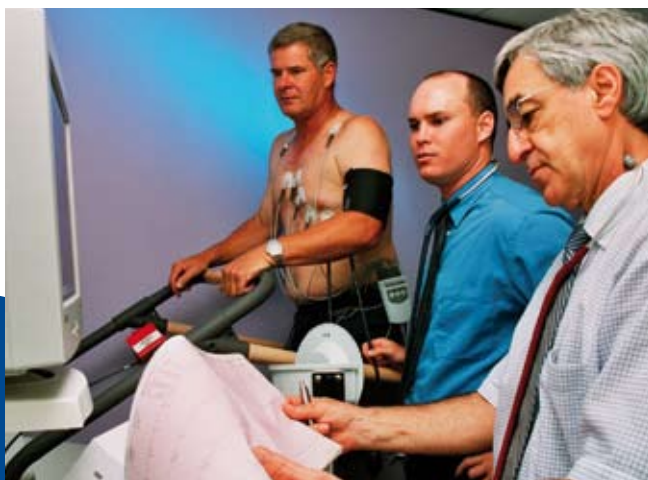
Our mission is to better the health of every person because we know that healthier people are less inclined to have a catastrophic health scare, are happier, more productive and produce better business outcomes. Our award winning multi-disciplinary team of highly experienced medical and health professionals provide these services through four key divisions – Executive Health, Workplace Health and Wellness Services, Wesley Weight Management Clinic and Rehab Dynamics.

(Good) Life at the top – Executive Health

The Executive Health program is designed to protect the intellectual capital of your organisation which in today's knowledge based society resides with your management team. Our Executive Health Evaluation is a comprehensive two hour, confidential medical, physical and mental health assessment designed especially for corporate executives, senior managers, key personnel and high risk employees. We provide a high quality service that gives participants a clear picture of their current health status. We will identify areas of health risk, give guidance and support to make lifestyle modifications and most importantly, outline an individual plan to improve health and wellbeing. Anybody found to have emergent trends is given immediate access to the latest screening technologies and specialist referrals.

The key features of the Executive Health Evaluation are:

- A comprehensive web based health and lifestyle questionnaire
- Extensive medical examination
- A full range of pathology tests
- Resting and exercise ECG
- A range of physiological and mental health assessments
- Goal setting and action plan
- Confidential detailed assessment report



Better health, better people, better performance – Workplace Health and Wellness Services

Creating a productive organisation begins with a wellness program designed to protect your greatest asset – your staff. The workplace is the ideal environment for targeting the major health risks affecting employees.

Effective corporate health programs screen people in their workplace, score their risk, provide feedback to each participant with referrals if necessary and demonstrate the collective impact of health to the organisation. This health 'audit' process identifies the health hotspots which allows for targeted and cost effective interventions. Health improvements can be made using various resources and strategies designed to deliver healthier staff who feel better and bring discretionary, productive energy to the workplace.

Further screening can re-measure the same population, showing increases or decreases in the assessed risks. Decreased risk means increased productivity and a positive return on the employer's investment in workforce health. In today's business climate preventative health has a key role in keeping the workforce healthy and productive. It is about attracting and retaining employees to your hard won 'employer of choice' status.

Our Health and Wellness services include:

- Customised health and wellness and climate surveys
- One-on-one health assessments
- Educational seminars and workshops
- Skin health checks
- Influenza vaccinations
- Health and wellness newsletters
- Health fairs and displays

Changing waistlines, changing lives – Wesley Weight Management Clinic

Wesley Weight Management Clinic is a leading clinic specifically helping people who find it difficult to achieve and maintain a healthy weight. Operated by a team of passionate doctors, dietitians, exercise physiologists and psychologists, we offer a range of scientifically based weight management programs producing outstanding results and helping our clients regain control of their lives.

The clinic's average weight loss in our twelve month program for heavier clients is 9kg after two months, 13kg after three months and 21kg after six months and maintained to 12 months. All weight loss plans are tailor-made to suit individual's needs. Program components include:

- Medical assessment and management of medical conditions related to weight
- Weekly one-on-one consultations with dietitians and regular reviews with exercise physiologists, psychologists and doctors
- Customised one-on-one exercise programs, including an individual heart rate monitored walk and a resistance training session supervised by an exercise physiologist
- Education on healthy lifestyles and sustainable long-term maintenance results
- Motivational support and behavioural education and counselling
- Follow up programs to make sure success is locked in

Feel better, work safe – Rehab Dynamics

Rehab Dynamics specialises in the delivery of evidence based, best practice in injury prevention and rehabilitation. Operated by physiotherapists and exercise physiologists, our multi-disciplinary team is able to provide reliable assessment protocols, a variety of treatment options and education to improve health outcomes for individuals and groups. Our work site services include:

- Pre-employment screening
- Functional capacity evaluations
- Manual handling audits and education
- Ergonomic workstation assessment and seminars



Client Chris Latter lost 77kg

Strong from the inside out – Clinical Pilates

We have Queensland's best equipped and staffed clinical Pilates centre which combines the traditional philosophies and techniques of the Pilates method with the latest scientific research from physiotherapy. Clinical Pilates is the ideal body conditioning program for people of all ages seeking improved strength, posture, flexibility and coordination as well as relief from chronic headaches, back and neck pain.

Train smart, race hard – Peak Performance Program

The Peak Performance Program is especially designed to meet the growing demand by busy professionals for expert advice on training and performance for endurance events. The systematic collection and interpretation of various physiological and biomechanical data enables our experienced exercise physiologists to provide expert, personalised guidance to help reach your potential. If you want to get the most out of training and racing we provide:

- VO₂ max testing, the gold standard for measuring aerobic endurance potential
- Lactate – heart rate velocity testing for heart rate zones for training, racing and recovery
- Biomechanical analysis of cycling and running
- Gait analysis and footwear recommendations
- Strength and flexibility assessment
- Core stability assessment
- Body composition assessment



Professional and passionate – Wesley Corporate Health

Our award winning multi-disciplinary team of health professionals are passionate, highly qualified and have extensive experience in workplace health. Our team includes doctors, nurses, dietitians, exercise physiologists, psychologists, physiotherapists, health promotion specialists and occupational therapists. The services we provide are governed by best practice and are regarded as benchmarks for the industry. With proven outcomes and health improvements, our approach is to work with clients to tailor a program to best suit their needs and working environment. We have successfully worked with over 600 national and regional organisations ranging in size from 20,000 to 5 employees.

Expertise at your fingertips – Wesley Hospital campus

Through our corporate relationship with Heart Care Partners (www.wesheart.com.au), a leading cardiology partnership located at Brisbane's premier Wesley Hospital, we can quickly access the very highest level of care and advice when that special case arises. It is something that we are very proud of and has provided great comfort and convenience to our clients. Importantly the Wesley Hospital campus has over 200 medical specialists that are available to our corporate clients covering the widest range of health expertise.

We welcome your call and look forward to the opportunity to work with you and your team to bring about better health.



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