

Enhance Organisational Health and Productivity

On the subject of corporate wellness and health promotion, **Warren Buffett**, says. . .

“There’s no question that it’s worth it; the only question is whether you do it today or tomorrow.”

Return on Investment

Extensive research over the last 30 years demonstrates clearly that an appropriately designed healthy workplace program will yield an average (ROI) of \$3 for every \$1 spent.

**Fast-track productivity and savings in both large and small employee groups and
*be an employer of choice***

reduce risk and enhance productivity by implementing a e-learning a lifestyle management program for as little as \$5. per month per employee (minimums apply)

REDUCE absenteeism, accidents, insurance premiums, presenteeism, tobacco use, obesity, alcohol use, high blood pressure, stress illness and job burnout

INCREASE employee morale and job satisfaction, company loyalty, profits, the ability to attract and retain the best employees

Employee Unlimited Use of online wellness resources

5 E-LEARNING SEMINARS

(including, stress management, weight management, stop smoking)

HEALTH RISK ASSESSMENTS

FITNESS PLANNER

HEALTH LIBRARY

MUCH MORE. . .

More details on next page. . .



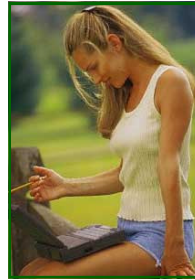
Health meets Life

Health Meets Life is interactive, fun and online. It is packed with information and resources for employees to learn, at their own pace and to make informative decisions about their current and future physical health.

The program includes:

5 Online E-learning Seminars (individual value \$125. each for only one use, here unlimited use)

	4 sessions at your own pace
Managing Stress and Building Resilience	



	12 sessions over 5 weeks
A Lifestyle Management & Nutrition Program	

	12 sessions over 3 weeks
A Program Helping Smokers Quit	

	12 sessions over 21 days
A Lifestyle Program for Managing Alcohol	

Plus **Living Fit** — A 90 Day Walking Program

40 Health Assessments

- Comprehensive Health Risk Assessment scored out of 100
- 39 other health related assessments (i.e. sleep, cancer risk, depression risk, kidney disease etc.)
- Mood Calendars (daily, weekly, monthly)
- Assessment Trackers (exercise, food)

Comprehensive Fitness Planner (\$30 a month value included here with unlimited use)

- You must see this to believe it

Health Library and Multimedia Centre

- 355 short 8-10 min videos on a variety of health and wellness topics
- 1000 plus short health wellness articles
- 60 plus health wellness newsletters

All the above as little as \$5. per month per employee (minimums apply)

For your **FREE Trial** of the



Health meets Life

online healthy workplace program

Email: enquiries@healthmeetslife.com.au or contact your account manager

Converge International is a not-for-profit specializing in organisational health through it's Employer Assistance Programs, Rapid Response Centre, Institute of Knowledge and Learning and Online Educational Lifestyle Management Programs creating work life balance—Health Meets Life.

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