

nabenet health

integrated workplace health services

Nabenet Health is a health focused consulting company who perform workplace health assessments for Victorian employees. We understand the importance of a healthy workforce and its positive impact on employee productivity absenteeism and job satisfaction.



Evidence shows the following benefits can result from implementing health promotion programs at the worksite:

- ↓ 26.8% decrease in sick leave absenteeism
- 26.1% decrease in health costs
- 32% decrease in workers compensation costs*

Nabenet Health offers a wide range of fully customised health promotion services and programs. These include workshops, seminars, training sessions, 'train the trainer' and consulting.

Introduction to good health in the workplace

Work/life balance

Stretching

Heart health

Fit for work/life

Workplace evaluation

Exercise services

Quit smoking program

Sun Care



Relationships

Sleep and fatigue

Back care

Weight loss

Men's/women's health

Nutrition services

Healthy habits program

Flu vaccinations

Stress management services

Call Nabenet Health to organise a customised health promotion program tailored to suit your organisation's needs 1300 662 636 or visit www.nabenet.com.au/health.

* Chapman LS. Meta-evaluation of worksite health promotion economic return studies: 2005 update. Am J Health Promot 2005 Jul-Aug;19(6):1-11.

