

Manufacturing Industry #1 n = 354



HealthStyle was initially engaged to address a static injury rate despite complete mechanisation of the factory. Utilising the HealthStyle Foundation Principles, program design started with a focus on data collection, advocacy and intervention design. Initial findings revealed that whilst fitness measures didn't match the demands of the job the highest priority area in terms of health risk was Mental Health and Symptoms of Depression.

As a result, program intervention had a primary focus on an organisational wide approach to mental health that included the HealthStyle Mind Your Mood program.

Program Components

1. Strategic design: Corporate health profile, health plan, advisory group
2. HealthStyle 45 min Health Check
3. Mind Your Mood Program
4. Edu-sessions: Body Matters, Sleep Matters, Live Lean
5. HealthStyle Hub full access

Key Outcomes

1. 34% increase in participants who were symptom free of depression. 29% reduction in overall depression rates
2. 15% increase in those who consume alcohol at healthy levels
3. Significant increase in EAP utilisation

R.O.I.

Participants experienced a 23% reduction in average sick leave hours vs. a 14% increase in absenteeism for non participants over the same time period.

After 3 years there was a 52% difference between non participant vs. participants for mean sick leave hours