

## Manufacturing Industry #2 n = 395



### Program Components

1. Organisational Maturity Profile against best practice principles
2. Enviro-check (manual handling)
3. Customised HealthStyle 60 min Health Check
4. Edu-sessions: Body Matters, Mind Your Mood P1 & P2, Live Lean
5. HealthStyle Hub full access

### Key Outcomes

1. 80% participation
2. Mean HDL increased from 1.2 to 1.9 mMol & 13% increase in those with healthy blood fats
3. Mean reduction of 6cm for waist circumference
4. 20% reduction in those with one or more "risky" fitness attributes
5. 43% increase in those who had adequate core stability

### R.O.I.

Participants reduced mean absenteeism by 28%, non-participants remained static

Mean sick leave for those with symptoms of depression reduced by 44%