



# CORPORATE HEALTH PROFILER

Every organisation needs a starting point. A benchmark in order to map the way when it comes to the most pressing health needs for an organisation. For example an organisation may think musculoskeletal related injuries are having the greatest impact on absenteeism, but once you have data it becomes clear that mental health problems such as depression may be the culprit. That's where HealthStyle's Corporate Health Profiler becomes essential.

At the core of all HealthStyle programs is the HealthStyle Hub, which is driven by a powerful Information Management System (IMS). This system ensures that we are able to measure and evaluate everything we do, allowing for real time continual improvement and ensures sustainable outcomes well into the future.

Using the powerful IMS we can quickly survey and profile your workforce using customised or generic questionnaires to provide you with real time access to your companies Health Risk Profile. This allows you to get the information to the people who need it most within your organisation.



**HealthStyle**  
Partners in your Wellness

The **Corporate Health Profiler** will, at a minimum, provide you with data from the following categories, relevant to your company's structure:

### Participation Overview & Demographics

- Completion rates overall and by organisational structure
- Age and gender distribution
- Ethnicity

### Fitness

- Aerobic fitness\*
- Upper body strength\*
- Core stability\*
- Flexibility\*
- Lower body strength\*

### Quality of Life

- Perceptions on health status
- Symptoms of depression
- Daytime sleepiness and fatigue
- Stress and strain
- Job Strain and work related dimensions increasing risk of mental health problems
- Work satisfaction

### Medical History & Metabolic Profile

- Reported medical history
- General health status
- Body mass index
- Waist circumference\*
- Body fat percentage\*
- Blood risk profile\*  
*Cholesterol, blood glucose etc*
- Diabetes risk score\*
- Ten year CVD risk profile\*
- Sleep apnea risk profile\*

### Health Behaviours Profile (Determinants of Health)

- Physical activity
- Fruit and vegetable consumption
- Smoking status
- Alcohol consumption

### Pain Profile

- Prevalence
- Pain frequency
- Pain location

\* indicates data only available when combined with health and fitness assessments. Metrics vary dependant on type of assessment.

The Corporate Health Profiler also benefits employees. Each employee receives access via secure login to their own individualized portal which contains their own health risk profile and a specifically tailored report which outlines steps to take to improve their health and quality of life. HealthStyle's system ensures data is accurate and will always reflect your organisations structure, regardless of how many times there are promotions, recruitments or re-structures. In addition, we can incorporate your own organisational data to ensure you have a true understanding (actual not reported) of health and productivity constraints.

For more information, visit **healthstyle.net.au** or call **02 4016 0318**