



Workplace Wellbeing Packages

Altius Group Workplace Wellbeing packages are designed by our team of allied health professionals and are evidence based, innovative and results orientated.

Our clear, simple program packages make it easy for you to invest in the wellbeing of your most valuable resource, your people. Choose from 3 packaged

options or pick our customised bespoke package. All packages include AltiusLife - our behavioural change digital platform to help employees thrive.

Whatever your preference, we work with you to develop a wellbeing program to suit your organisational needs and strategy.

Boost, Balance, Best & Bespoke Wellbeing Packages

	Group Wellbeing Modules (1 hour)	AltiusLife For All Employees	Recommended Program Delivery Timeframe
Boost	The 3 Core Boost Modules: AltiusLife Launch, Physical Wellbeing Boost, Mental Wellbeing Boost	12 months usage of digital behavioural change platform and app	3 months
Balance	6 Modules: The 3 Core Boost modules plus 3 modules of choice		6 months
Best	12 Modules: The 3 Core Boost modules plus 9 modules of choice		12 months
Bespoke	Fully Customised		Customised



Altius Group's flexible on-line platform and mobile app underpins all our programs. **AltiusLife** is based on a neuroscience model focusing on physical, mental and social wellbeing delivering the benefits of health, happiness and security. The engaging platform supports behavioural change and personalises wellbeing by helping employees

to balance their interests and responsibilities both within the workplace and at home. Employees gain access to great evidence-based articles, self-reporting health surveys, tips, ideas, health trackers and rewards. Each interaction is designed to help individuals realise their health potential throughout every stage of life.

Boost Wellbeing

3 x Core 1 Hour Modules + Altius Life

Boost provides just that, a wellbeing program focussed on boosting all the basics of your employees' physical and mental health. Underpinned by our behavioural change based digital solution, AltiusLife, this program provides an accessible option for all organisations.

Boost includes our three one hour core modules:

AltiusLife Launch: Engage your employees with everything they need to know to benefit from the digital platform and app. This module gives an introduction to the behavioural change science behind the platform with a focus on how employees can maximise the features to boost their health and wellbeing.

Physical Wellbeing Boost: An introduction to the top tips, trends and takeaways for a wellbeing boost to everyday activity and nutrition that is meaningful and achievable for all.

Mental Wellbeing Boost: With one in five people experiencing poor mental health, this module provides education to support individuals to feel equipped to recognise key issues and provides resources and direction to navigate mental health challenges.

Balance Wellbeing

6 Modules: 3 x Core Boost Modules + 3 Modules of Choice + AltiusLife

Balance is a mid-level wellness offering providing a combination of AltiusLife digital platform with a series of six modules, recommended over six months. Balance modules are evidence based, delivered by allied health professionals and most importantly target the most detrimental health behaviours relevant to a workplace, to deliver the highest health impact.

Balance includes the three core Boost modules together with three of your choosing from our wellbeing selection. We help you select the most beneficial modules for your organisation to achieve maximum impact for your wellbeing investment. If you are unsure of your team's needs we offer wellbeing satisfaction surveys to identify key risk areas.

Best Wellbeing

3 x Core Boost Modules + 9 Modules of Choice + AltiusLife

Best is the most comprehensive offering and maximises the impact of your program for both your employees and your organisation. This offering also includes AltiusLife digital and focuses on providing twelve comprehensive, results orientated group modules. Together with the initial three core Boost modules, with Best you choose an additional nine wellbeing modules.

As with all our programs, we help you design the most beneficial program for your organisation to achieve maximum impact for your wellbeing investment. If you are unsure of your team's needs, our wellbeing satisfaction surveys can help you identify key risk areas.

Bespoke Wellbeing

Wellbeing Package Customised Upon Consultation + AltiusLife

Bespoke is the program that allows complete customisation of our wellbeing offerings to support you through group or individual customised modules. Depending on your needs, we'll make suitable recommendations and work with you to manage key risk areas and your strategic objectives.

Altius is a team of personable professionals, delivering services that make an enormous impact in the lives of people, businesses and communities. Preventing physical and psychological injuries is not just possible, it is absolutely achievable. Experts providing evidence based solutions ensures a measurable and tangible return on investment for our clients.

- Derick Borean, Altius Group CEO

Additional Services

Altius Group also offers a range of services to support your people to realise their health potential:

Baseline Employee Health Screening

Our health screening aims to identify individual and workplace related health issues or barriers, to provide a foundation for, and measure the impact of, employee wellbeing programs. Carried out by qualified medical and allied health professionals, our tailored screening options include:

- General Health Screening: Blood pressure; BMI; cardiovascular fitness; cholesterol, blood glucose, waist circumference; audiometry screening; spirometry and vision screening.
- Lifestyle Screening: Sleep; stress; alcohol consumption; physical activity; smoking and nutrition.
- Musculoskeletal Screening: Flexibility; strength; physiotherapy-based musculoskeletal screening.
- Psychological Screening: Stress; anxiety and depression.

Wellbeing Surveys

Altius Group provides psychological wellbeing checks to assess the psychological wellbeing of each employee and provide guidance to employers on strategies to improve the level of overall wellness. Our wellbeing checks are run in a very similar way to our counselling sessions - our approach is friendly, caring and focused on providing practical solutions.

Cultural Climate Surveys

Our organisationally-trained psychologists use evidence based tools and strategies to analyse an organisation's culture. Our cultural review process includes multi-level analysis, achieving real outcomes at an individual, team and organisational development level. Our services include: People and Cultural Surveys; Psychological Risk Reviews and Team Values Alignment.

Onsite Physiotherapy

Our accredited physiotherapists help organisations prevent or manage injury proactively in the workplace through tailored on-site physiotherapy services. Our on-site physiotherapy hubs help to reduce workplace injuries and claims, improve recovery time frames, reduce the risk of re-injury and educate and empower employees to take care of their wellbeing.

Employee Assistant Programs (EAP)

Our registered, clinical psychologists deliver tailored Employee Assistance Programs (EAPs) for organisations, enabling them to offer their employees, and eligible family members, access to free confidential and professional psychological support for personal or work-related issues.

Pre- Employment Functional Assessments (PEFAs)

Our PEFAs are a valuable part of the recruitment process and help build a strong foundation for a productive and healthy workforce. Our allied health professionals conduct PEFAs for a broad range of occupations and industries, with a strong background in assessing musculoskeletal issues and fitness for work.

Exercise Programs

Our Accredited Exercise Physiologists (AEPs) specialise in clinical exercise interventions for clients at risk of developing, or living with, chronic and complex medical conditions and injuries. We provide physical activity education, advice and support on lifestyle modification to prevent injury or assist the restoration of our client's optimal physical function, health and wellbeing.

Professional Coaching

Through personalised coaching plans, applying key tools and techniques, we aim to improve communication skills and interpersonal style while heightening insight and emotional intelligence. Surveys and psychometric tests guide sessions that develop our clients' skills and help them to realise their goals and achieve sustained behavioural change in the workplace.

Get in touch with us:

Free call: 1800 258 487
info@altius-group.com.au
altius-group.com.au



Altius Group
Realise Health Potential