



OptiHealth

A comprehensive online educational platform, that is continuously upgraded and encourages self-serve resource use. OptiHealth helps you develop a clearer understanding of your current risks and how you can better manage them.



The OptiHealth module is built around *Standard* and *Premium* levels that allow you to immerse yourself in the level of content that surrounds your areas of interest and activate action plans. Acting as a distribution centre of information, features include easy to use and understand educational materials, health and wellbeing resources, personal challenges, eBooks, video platforms, helpful articles and meal plans.

OptiHealth Standard is designed to allow individuals to access a collection of world class research information, practical tips and advice. It promotes a wonderful boost to your health and wellbeing and encourages new positive habits.

OptiHealth Premium presents a more comprehensive level of access. It includes all the educational material and resources available on our system. It provides for increased worksheets, meal plans, eBooks and articles. It will also enhance your professional development, focus on your individual risk profile, construct longer term action plans and increase your understanding around mitigating your risks.

Key outcomes

Individuals gain access to an easily accessible, self-serve system, where they can engage with our world class educational material and resources in the manner they choose.

Knowledge and understanding of human risks found in the workplace are extended and improved through a variety of educational platforms and resources.

Individuals form positive behaviours and increase their level of comprehension and resilience around their own risk profile and ultimately their workplace.

Access to an easy pathway for continual learning for those in the workplace is delivered through a range of materials that are useful to the individual and easy to follow.

Individuals take greater ownership and responsibility for their own health risks as they manage their access to research based, leading-edge information, tips and action steps.

An understanding and appreciation for continuous and ongoing education is achieved through personal growth and development. The facilitation of new skills promotes a more positive workplace experience and enhances a culture of greater employee engagement and connectedness.

