



OPTIMUM

HEALTH & MANAGEMENT SERVICES

Improving health, performance
and wellness in workplaces.



Getting started with Optimum

Your complete
Services Guide



Welcome to Optimum

Optimum presents a seamless, end-to-end solution for the health, safety and performance of employees, delivered efficiently and securely through our world-class technology.

With a whopping \$61.8 billion spent in 2020 on work-related injury and illness costs in Australia, risk mitigation has become critical in the way organisations manage and optimise their workforce.

- Optimum's system is flexible, easy to use, and client driven.
- Our intuitive platform promotes employee engagement and efficiency in workplace risk management.
- Educational resources and interventions are evidence based and scientifically recognised in improving workplace health and wellbeing.
- Our detailed reporting gives in-depth overviews of your workforce wellbeing at all organisation levels.
- Collected data is continuously refreshed ensuring real-time analytics.
- The cloud-based system is secure and automatically maintained, so there is nothing to download or install.
- Optimum's team of highly qualified specialists are available to guide and advise at every step of the way.

How to use this Guide to get the best results for your workforce

- 1 Review our Services Guide
- 2 Select the modules, services or programs that meet your business needs
- 3 Talk to us about how best to bundle your service package
- 4 Get started on your pathway to action!



Step 1 Sign up to your customised Health Hub

Our sophisticated online health platform is the entry point to the Optimum system. You are provided with a customised dashboard and your employees receive immediate access to Health Hub resources and support.

Optimum's system serves as a centralised health and performance management hub for your workforce. It provides employees access to their unique health profile, comprehensive health resources and support. The Hub will also enable you to track, review and compare data to encourage early troubleshooting before risks can become costly.

Features and benefits

- ✓ A self-managed online portal for individuals to track their health goals
- ✓ Unlimited access to health and training resources
- ✓ Customisable platform that delivers highly specialised health modules to your workforce
- ✓ Connect and visualise your data in just a few clicks through our smart dashboard
- ✓ Review and compare health profiles across your workforce
- ✓ Transform data into actionable insights
- ✓ Onboard an unlimited number of users per organisation





Step 2 Select your Risk Assessments, Services or Programs

Leading risk mitigation strategies are driven by data. By capturing targeted in-depth data through our Risk Assessment Modules, Optimum helps you deliver interventions, support Services or Programs to complement your workplace's wellbeing and safety practices.

RISK ASSESSMENT MODULES

Optimum's Modules are designed to be flexible and specific to your company needs. Your selected Modules can vary from online profiles to in-depth assessments conducted by our dedicated field crews. The data is then tracked to present a comprehensive picture of your total worker health. This means that highly personalised solutions are delivered to your employees through the Health Hub.

We can work with you to identify the most appropriate Modules based on your industry, workforce size and current level of risk.

Select at least 1 of the following 9 Health Modules:

**Tip – our most popular package includes 3 modules.*

HEALTHY HEART CHECK

Presents a profile of your current cardiovascular risk by assessing eight risk factors.

OPTIHEALTH

Comprehensive online learning platform where users immerse themselves in areas of personal interest and manage their own risk profiles.

HEALTHY HEAD CHECK SCORE

Based on a depression, anxiety and stress score developed by the University of NSW.

SLEEP & FATIGUE

A module that assesses and tracks sleep quality and sleep quantity.

COMMUNITY & WELLBEING

Assesses overall wellbeing, activity, belonging and commitment (ABC) based on the program founded by Prof Rob Donovan.

FUNCTIONAL RISK ASSESSMENT

A combination of physical measures and self-reported answers, including musculoskeletal conditions, balance, posture and injury patterns.

FIT FOR PURPOSE

Assesses health, workstyle, attitude and wellbeing, displayed as leading and lagging indicators.

RESPECT AT WORK

Aims to create lasting behaviour change by increasing awareness, understanding, capabilities and confidence across respect received, respect given and resilience.

ERGONOMICS

Assesses all employees' workstation setups and pain hot spots.



SERVICES

Our range of Services add value and are designed to help your organisation and employees gain maximum benefit from our system, achieve peak performance and develop a connected workplace.

These Services are automatically included in your package:

PROFESSIONAL SERVICES

Advice and guidance to better understand your workforce.

EMPLOYEE TRAINING

An onboarding and training program to maximise the benefits of using the Health Hub.

CLOUD-BASED PLATFORM

Unlimited access to our custom-built platform for educational material, videos, training, and DIY courses.

Available at an additional fee:

DATA ANALYSIS & ADVICE

High level data interpretation to enable organisations to make clearer commercial decisions.

TOOLBOX TALKS

Helpful, on-demand presentations available to complement the OHS&E team in your workplace.

PROJECT MANAGEMENT

Available to support, coordinate and help deliver bigger projects across various stages of development.

PROGRAMS

Our popular Programs provide an additional opportunity to further mitigate your workplace health and safety risks and deliver improved returns for your business. The Programs can be implemented at any stage of engagement with the Optimum system.

Select the Program/s that best support your business needs:

**Tip - the 'Health & Wellbeing Program' provides the most comprehensive employee and company-wide reporting.*

EXECUTIVES PERFORMANCE PROGRAM

High level intensity coaching for key stakeholders.

APPRENTICE PROGRAM

Aimed at a younger workforce with emphasis on mental health and wellbeing.

PEER SUPPORT PROGRAM

An early intervention strategy for employees seeking support.

HEALTH & WELLBEING PROGRAM

A total worker health approach by assessing risk profiles of employees.

FAST & FIT PROGRAM

A 4-week flexible approach to exercising for your workforce with rapid results.



Step 3 Assess, compare and intervene with Reporting & Analytics

Through data analysis, you will have an accurate risk profile of your workforce and identify opportunities to mitigate the level of risk in your business.

Investing in health and technology positions you and your business to become a data-driven organisation, where risk profiles can be monitored and turned into actionable insights for the overall wellbeing and performance of your team.

Features and benefits

- ✓ Access Optimum's subject matter expertise and data analysis capabilities
- ✓ Empower employees to manage their risk profiles and achieve their peak performance
- ✓ Address underlying workplace health risks before they cost your business
- ✓ Expose risk clusters and emerging trends with periodic benchmarking and conditional reporting
- ✓ Identify, quantify and prioritise interventions across your workforce
- ✓ Make smarter, positive data-based decisions in real time





Step 4 Bundle your selections into a Service Package

Workplace health and risk management can be challenging – working with Optimum makes it easier!

SERVICE PACKAGE EXAMPLES

Below are service package guides to demonstrate how the Optimum system can work for you, your workforce needs and desired level of commitment.

	BASIC	MOST POPULAR STANDARD	PREMIUM
FIXED MONTHLY PRICE	AU\$8.00* per user, billed monthly	AU\$26.00* per user, billed monthly	AU\$52.00* per user, billed monthly
EMPLOYEE HEALTH HUB	✓	✓	✓
MODULES	Select 1	Select 3	Select 5
PROGRAMS	Optional add-on	Optional add-on	Fast & Fit Program
EMPLOYEE TRAINING	✓	✓	✓
PROFESSIONAL SERVICES	✓	✓	✓
PERIODIC REPORTING	-	✓	✓
DATA ANALYSIS & ADVICE	-		✓
TOOLBOX TALKS	Optional add-on	Optional add-on	Optional add-on
PROJECT MANAGEMENT	Optional add-on	Optional add-on	Optional add-on

*Minimum monthly price of \$500 + GST applies for 12 months. Onsite assessments incur an additional fee.



Custom build your own – talk to us!

Choose from our extensive range of modules, programs and professional services to build your own solution. To find out more about how Optimum can help you and your employees, talk to us anytime. Call + 61 08 9321 9677 or email gwright@optimumhms.com.au



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