



# Promote workplace wellness

with Access Health and Community

**You work best when you feel your best.**

Boost the wellbeing of your team with affordable health assessments and wellness programs— all while supporting local charities.

Call **03 9810 3000** to ask about custom workplace wellness programs and health checks.



**ACCESS**  
Health & Community



### **Audiology Tests**

Our pre-employment audiology assessments measure a candidate's hearing to establish a benchmark for progressive hearing loss.



### **Health Promotion**

Our dedicated health promotion officers work with businesses to empower workers to choose healthy behaviours.



### **Mindfulness Programs**

We teach mindfulness techniques for relaxation and self-care strategies - including how to address the inner critic.



### **Nutrition Information Sessions**

Our dietitians and nutritionists give teams practical advice for improving wellbeing and performance through healthy eating.



### **Occupational Health Services**

Our doctors provide corporate vaccination programs, pre-employment medicals, and driver medicals for commercial vehicles (TAXI).



### **Workstation Assessments**

We help your staff members assess their work environment, to help prevent workplace injuries.



**Call 9810 3000 to learn more  
or visit [accesshc.org.au](https://accesshc.org.au)**