

Working Smarter

Keeping your people
feeling A+



Active+ in the work place

We can support you to ensure your workplace is happy, healthy and productive. Our approach to corporate wellness is to provide a continuum of innovative services from injury and illness management and prevention to wellness.

Active+ has provided services to our business clients for over 25 years and we have a wealth of experience in assisting small to large organisations in implementing strategies that are cost effective and attains sustainable results.

We take the team approach and work with your people and processes to ensure compliance with the Health and safety requirements in a practical and affordable way.

Our multi-disciplinary team of physiotherapists, occupational therapists and nurses, health psychologists, personal trainers, dietitians, occupational medical specialists, social workers and counsellors can tailor our standard services to meet your organisation's needs.



What can we help you with?

✓ Manual handling training

Clear and easily understood principles taught on site by specialist physiotherapists and occupational therapists with a focus on making it work in the real world business setting.

✓ Injury prevention and education seminars

Education to staff and managers on topics ranging from nutrition, fitness, fatigue management and injury prevention. We will work with you to tailor to upskill and empower your workforce.

✓ Pre-employment screening

Fit the right person to the right job as part of your HR screening when employing new staff. We provide a comprehensive assessment and report of our findings which will allow you to become an industry leader in injury prevention and greatly reduce ACC related injury claims.

✓ Ergonomic assessment and workstation setup

Is there an area in your business where more pain and injury is reported? Be proactive and have it assessed. Education and correct setup will reduce injury and improve productivity. Line managers and supervisors can be upskilled to support good ergonomic practice.

✓ Early Pain and reporting assessment

Your staff can be seen directly by a physiotherapist, usually on the day of referral. You will be given quick and clear feedback regarding management of the injured worker. If injuries or pain are seen early the risk of time off work is reduced.

✓ Claim and injury management

Active+ is staffed by physiotherapists with knowledge of occupational health and injury. They regularly liaise with employers and managers regarding modification of duties and safe stay at work policies.



✓ Stress Management

Designed to help you identify the sources and triggers for workplace stress. We can teach effective strategies to help alleviate stressful stimuli. With a strong emphasis on employers and employees working together to develop a healthier, happier workplace.

✓ Vocational rehabilitation

Active+ is one of New Zealand's largest contract holders with ACC. We provide a highly comprehensive service employing multidisciplinary teams to help more seriously injured workers back into the work place.

✓ Work place exercise programmes

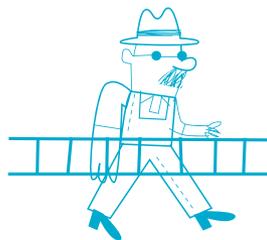
Physical fitness and wellbeing are key parts of managing health in the workplace. Active+ can provide a wide range of fitness solutions to meet your needs ranging from Pilates classes, pre shift exercise prescription or a boot camp.

✓ Employment Assistance Programmes

Our experienced counsellors have experience in managing workplace conflict and dispute resolutions.

We have a network across New Zealand who can help you with your **Corporate Wellness** approach.

For further information on the closest branch located to you please visit:
www.activeplus.co.nz/locations/



0800 22 44 86

www.activeplus.co.nz

✚ Rehab ✚ Pilates ✚ Physio ✚ Injury Prevention ✚ Exercise

