



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2016-17

RECOGNISED

STRENGTHENING SOCIAL COHESION

Mobility Matters Pty Ltd – 30+ staff

Mobility Matters Pty Ltd specialises in the sale of rehabilitation and hospital equipment to Canberra and the surrounding region, including Southern NSW.

Mobility Matters saw Healthier Work as a great way to increase employee engagement and build social cohesion amongst staff.

"We wanted to go above and beyond regulation health and safety by investing in our employee wellbeing," says Health Promotions Coordinator Ainsley Vigners. "Staff now have access to information and resources to make healthier choices."

In their first year of a comprehensive health and wellbeing plan, the team decided to start with a focus on social and emotional wellbeing by setting up a space to promote positive mental health.

"We wanted to develop a strong base for the rest of the program," says Ainsley.

They also introduced physical activities, which have proved the most popular and fun. They've held walking pedometer challenges and staff tennis matches that have generated plenty of healthy competition.

When targeting healthier eating, the team has been offering fruit during birthday celebrations, and combining birthdays so only one cake can tempt each month. Later in the year they plan to target smoking cessation.

While feedback on the initiatives is ongoing, they'll use the end of their program to assess and refine.

"Our 12 month plan provides flexibility where in the last three months employees will decide which areas they benefitted from most and would like to see implemented again," explains Ainsley. "This is a way to encourage employee engagement with the program."

