



## HEALTHY PLAN KEEPS THE TEAM FOCUSED

### *Pharmacy Guild of Australia – 94 staff*

*The Pharmacy Guild of Australia is a member organisation representing the owners of community pharmacies across Australia.*

The Pharmacy Guild of Australia found the program offered by Healthier Work the perfect opportunity to formally capture their approach to health and wellbeing in the workplace.

“By promoting a healthier workplace along with a formal accreditation from Healthier Work, we are showing our staff that their health is important to us and we strive to provide relevant resources for them to tap into through work,” says Kate Sykes, National Manager Human Resources and Administration.

For their latest plan, the Pharmacy Guild gathered feedback via their annual Employee Pulse Survey and continued with initiatives that had worked well in the past. The result is a good balance of activities covering physical activity, mental health and healthy eating.

“Our staff information sessions on health and wellbeing topics are always well received,” says Kate. “Also, our weekly fruit boxes are a hit with the staff.”

Their plan has a stair climbing challenge, promotion of exercise apps, and on-site health checks for the team.

“We believe that a focus on health and wellbeing equals a happy and focused workforce,” says Kate.

While Kate doesn't find the plan difficult to put into place, daily workloads can influence it, so flexibility is important.

“Uptake on the initiatives is sometimes a struggle due to time restraints for our staff,” explains Kate. “We try and offer different options and timeframes to suit as many staff as we can.”

