



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2016-17

RECOGNISED

PROMOTING HEALTHIER OPTIONS

SMS Management & Technology – 50 staff

SMS Management & Technology (SMS) is a management and IT consultancy providing advisory, solutions and managed services.

SMS strives to promote a strong health and wellbeing culture, particularly by creating an awareness of healthier options.

Attending a Healthier Work networking breakfast sparked them to formalise this approach.

“After attending the first breakfast, we realised that a lot of what we do already fits in with this program,” explains Jenny Wookey, Office Manager for SMS. “So the opportunity to be supported in these endeavours was too good to pass up.”

Since then, SMS has created a plan based on staff input and suggestions.

They have fruit delivered to the office each week, they supply water bottles to staff, have held a multicultural dinner, and offered healthy options at their Christmas party. In fact, their most successful initiatives have involved eating!

“We’re also planning a yoga class, walking group, and the hula hoop challenge,” says Jenny.

The resources on offer through Healthier Work, including the Health and Wellbeing Scorecard, forums and mentoring lunches, have really made the process a simple and rewarding one.

“Thank you to the Healthier Work team for all the support,” says Jenny.

