



# Kingston B-Well

## Central Bayside Community Health Services (CBCHS) is offering free support to businesses to improve staff health and reduce workplace injury

A workplace health and well-being strategy can significantly reduce injury and chronic disease risk in your workforce to improve business productivity. We can help you build an effective low or no-cost strategy based on the needs of your staff to enhance safety, work environment and the health of employees

### Benefits to business

Effective health and wellbeing strategies can save workplaces \$5.81 for every \$1 invested via

- ✔ Increase staff productivity (by 300%) and engagement
- ✔ Reduced absenteeism, workers compensation claims and early retirement
- ✔ Improved staff retention
- ✔ Reduced sick leave
- ✔ Healthier and more satisfied staff!

### Support available

We offer tailored support via a dedicated consultant to:

- Identify low/no cost health training for staff / managers
- Assess staff needs and the workplace environment
- Connect with local services
- Identify low/no cost strategies that will deliver a return on investment
- Tailor resources, campaigns and events for staff
- Corporate health discounts
- Engage in networks and learn from success stories

### Eligibility

Businesses operating within the City of Kingston are eligible to receive free support through CBCHS

- No contracts
- No costs

### Contact us!

E | [Prevention@cbchs.org.au](mailto:Prevention@cbchs.org.au)  
Ph | (03) 8587 0214  
W | [www.cbchs.org.au/services/health-promotion/work-places/](http://www.cbchs.org.au/services/health-promotion/work-places/)

## Need general support to improve business health?

CBCHS works in partnership with Kingston Council Business Directions to deliver KingstonBWell. Visit [www.kingston.vic.gov.au/Business](http://www.kingston.vic.gov.au/Business) where you'll find free general resources, templates and information about upcoming events, training and webinars to support your business

