

My Healthy Balance

Your path to a healthier life

Boost morale, productivity and support your employees to improve their health.

My Healthy Balance is a free, evidence-based online healthy lifestyle program for your employees.

Key features of My Healthy Balance:

- Informative and interactive healthy lifestyle learning modules
- Focus on achieving wellbeing through healthy habits
- Self paced program with options of a 4-week, 6-week, 8-week or 12-week program
- Program support including emails and motivational text messages
- Workplace coordinators have access to participation data via a dashboard



Your organisation's path to a healthier life starts here www.myhealthybalance.com.au

To organise a demo at your workplace, email support@myhealthybalance.com.au or call 1300 136 588

My Healthy Balance

Your path to a healthier life



It's easy and free to implement My Healthy Balance in your workplace.

1

Go to myhealthybalance.com.au, click on the 'Workplaces' tab and create your account.

2

Email the program link to your employees.

3

Encourage your employees to work their way through a series of fun, interactive modules at their own pace.

Find out more at www.myhealthybalance.com.au



Government of **Western Australia**
Department of **Health**

Healthier
Workplace WA >>>
>com>au™

 diabeteswa®

My Healthy Balance is a component of the WA Healthy Workers initiative which is jointly funded by the Western Australian and Australian Governments.