



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2017-18

RECOGNITION

AN ORGANISATIONAL COMMITMENT TO WELLBEING

Aspen Medical – 100 staff

Aspen Medical is a global provider of guaranteed, innovative and tailored healthcare solutions across a diverse range of sectors, from providing a single paramedic to a full spectrum solution.

After successfully running their own health and wellbeing program for five years, Aspen Medical commenced with Healthier Work to build on their commitment to employee quality of life.

“We aim to enhance the lifestyle choices of our workforce by offering resources and strategies for dealing with a variety of health and wellbeing issues,” says Azadeh Hatami, Aspen Medical’s Senior HSE Coordinator. “We’re dedicated to assisting staff members live healthier, more satisfying lives both at work and at home.”

This is a view supported by senior management, with health and wellbeing captured in business strategy, risk management and the overall ethos of the company.

“We aim to consider health and wellbeing issues in organisational design and project planning to improve staff wellbeing at work, and therefore, in their personal lives,” says Azadeh. “The support and participation of all the managers also motivates staff to take part in activities.”

In addition to valuable resources and supportive leaders, Aspen Medical runs special health and wellbeing events to coincide with key dates, such as Harmony Day, Men’s and Women’s Health Weeks and Mental Health Week. They also participate in Steptember to encourage fitness.

While busy work schedules prevent participation by all staff in all activities, the plan will keep evolving to respond to staff feedback and recommendations.

“We want to educate, motivate and inspire staff to make healthy and better-informed choices to positively impact upon their personal health, work productivity and overall quality of life,” says Azadeh.

