

BUILDING WELLNESS INTO HEALTH AND SAFETY

What is Health15?

Health15 is an occupational health initiative developed by the [Stroke Foundation of New Zealand](#), which goes beyond the usual “test and leave” approach. Born out of a growing population health need to support employees to think about improvements to their wellbeing and lifestyle, engagement starts with a simple blood pressure test which is non-invasive and non-threatening. High blood pressure is a “silent killer” with no obvious signs but easily managed when identified, making it the perfect reason to start a wellness conversation with employees through a convenient and simple process.

The on-site checks and personalised lifestyle advice for employees reduces their risk of long-term conditions like stroke, heart disease, diabetes, cancer, and gout. This is reinforced by follow up education sessions, resources, and assistance to implement health-promoting policies.

Through Health15 we break down barriers to accessing health services by providing follow up support for people with elevated blood pressure readings. Additional tests can be introduced in future Health15 sessions (e.g., skin checks, blood glucose).



Why Health15?

1. Supports a healthier and more productive workforce.
2. Saves lives – Up to 4% of the people we test have blood pressure readings so high that they need to see a doctor that day.
3. Saves time away from work – each Health15 engagement takes no more than 15 minutes per person and early identification of high blood pressure can reduce or avoid significant future time off work.
4. Participants say they gain new knowledge and motivation to help them lead a healthier lifestyle.

The program has made a significant impact in the construction sector and is now being adapted for other sectors. Its success has emphasised the current health gap created by the Kiwi “she’ll be right” attitude leading to many not taking early preventative action when it comes to their wellbeing and reducing health risks.

How Health15 Works

Four steps are followed to implement Health15:

1. We work with you to prepare and promote the launch of Health15 on your site. We look at existing workplace health initiatives on your site and opportunities to build on these to strengthen employee wellbeing.
2. Employees book their 15-minute blood pressure test and wellness conversation with our Health15 team.
3. When we visit your site:
 - a. We park our customised blood pressure van at a convenient location, or we can set up inside your building, in a designated area.
 - b. Each blood pressure check and individualised education session takes about 15 minutes to complete,
 - c. Anyone with a very high-risk result is referred for medical support that day. Included in the pricing of Health15 is an allowance to pay for their immediate treatment.
 - d. People with high readings receive a free voucher for a follow-up check at a local pharmacy.
 - e. We seek feedback from workers on their preferences for follow up support and wellness initiatives that are of interest to them.
4. We debrief with your workplace health and wellness leaders after our visit and work with you to develop and implement a wellness support plan.

How much does Health15 cost?

Just \$35 per person, with a minimum investment of 40 people on each site. This includes blood pressure checks and the wrap around support service. Additional tests e.g. skin checks, blood glucose, incur an additional fee per site visit.

Contact us today

For health and safety professionals, Health15 offers an opportunity to make a real difference for your employees. Join the Health15 programme and help create a safer, healthier, and more productive workforce.

Dragisa Cosovic - National HSEQ Manager at Southbase Construction said: *“We eagerly anticipate extending Health15’s valuable program to our other project sites in the upcoming months. Their dedication to preventive care is truly commendable and has made a tangible difference in our people’s wellbeing and overall engagement.”*

For more information about Health15 and how to get involved, visit www.health15.nz or contact us on equiry@health15.nz.

The Stroke Foundation of New Zealand and The Building Intelligence Group are the proud kaitiaki of Health15.

