Managing personal health and corporate wellbeing.

Health and Stress Audit

What is a Health Audit?

The health audits **Manage Health** offer have been designed to provide a full independent examination of your organisation's systems for health management purposes. In particular, they help organisations like yours to identify how you could better target your investment spend on employees' health and **wellbeing** initiatives.

By using our audit service, your organisation will not only be able to identify areas of high risk within its operation but also reduce potential losses. A **health audit** will provide you with an indication of the risks that your employees face in the workplace.

As an independent and unbiased organisation, **Manage Health** will be happy to discuss your requirements in more detail, to help you find out the best supplier of auditing services, together with how much it is likely to cost you.

What is a Stress Audit/Risk Assessment?

According to HSE commissioned research, major causes of work-related stress can be categorised into six key areas or 'risk factors' - the rationale being that if these are not managed effectively in an organisation then staff are at risk of suffering from work-related stress. The six risk factors are:

- Demands
- Control
- Support
- Relationships
- Role
- Change

Each of these factors is usually measured via a questionnaire. These factors can affect your staff in different ways - finding out how the factors are affecting them requires openness, honesty, and trust.

Manage Health can help provide:

- **Implementation of a Stress Risk Questionnaire programme**
- **Identification of key risk factors in a simple, objective and non-threatening way**
- **A Group Report with a permanent record of risk assessment, together with steps you have taken to address the issues**

To discuss how **Manage Health** can help, call us on 0845 2222 208.

Call Manage Health now or email us to discuss your wellbeing requirements and see what benefits we can bring to your organisation.

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