

# Healthcare where you need it, when you need it

A people-centred approach to employee health and wellbeing





**“ It is impossible to thrive, learn and upscale  
from a position of distress and deprivation**

**”**

-The Helen Clarke Foundation & NZIER

# A national framework for wellbeing

Supporting the physical and mental health of New Zealanders is becoming increasingly important at a time when our people and our businesses are recovering from the effects of the Covid-19 pandemic. That's why the Ministry of Health has developed a new framework for recovery that focuses on the psychosocial and mental wellbeing of all. \*

One thing is certain: in order to thrive we need to be supported in the workplace. We spend a large part of our time and energy at work, and the workplace has a big impact on mental wellbeing and overall health. This strong connection means that businesses have a key role to play in supporting holistic wellbeing.

\*Ministry of Health. 2020. Kia Kaha, Kia Māia, Kia Ora Aotearoa: COVID-19 Psychosocial and Mental Wellbeing Recovery Plan. Wellington: Ministry of Health.



# Investing in workforce wellbeing is good business

Supporting workforce wellbeing is crucial – not just for the individual employee, but for the business itself. It's a symbiotic relationship. When we take better care of our people, they can take better care of the business.

Healthy employees can reach their full potential and help the business thrive. They can be more productive and creative, and are less likely to take sick leave or suffer injuries.





“ Businesses that invest in building and maintaining good mental wellbeing report higher productivity, sales and customer satisfaction. ”

[Business.govt.nz](https://www.business.govt.nz)

# How can your business improve employee wellbeing?

Wellbeing is more than simply being physically healthy. It's also about feeling fulfilled, having a purpose and vitality. It's what we call Mauri Ora. Both Mauri Ora and Wai Ora – healthy individuals and healthy environments – are core elements recognised by Mana Whenua and the Maori Health Strategy, and include healthy and safe work environments.

Businesses have long had a legal responsibility to manage health and safety risks, including risks to mental wellbeing. Now it's becoming more apparent that the traditional, reactive approach to wellbeing and health is not enough. We need to focus upstream on prevention and early intervention. And we need to ensure that everyone can easily access the health services they need.



# Let's pool our resources

At Highbrook Medical, we're pioneering a holistic way of providing healthcare to businesses and employees. We bring healthcare to your staff – where they need it, when they need it.

Our team of highly skilled health professionals work both in clinic and in mobile health units that can come to the workplace and the patient's home. We offer a complete care continuum that provides unconditional support to every member of the Highbrook working community. It's easy, affordable, and most importantly it's people-centred and structured around your employees' health, social and cultural needs.

In partnership with you, we can co-design a health and wellbeing plan that's tailored to your business and your workforce – from onsite vaccination schemes and annual health checks through to telehealth consultations and active support across a range of health and wellbeing as well as social services. So every employee can be at their best.

Learn more about how you can help your workforce thrive at [highbrookmedical.co.nz/business](https://highbrookmedical.co.nz/business).





# Highbrook Medical

Highbrook Drive

 **HIGHBROOKMEDICAL**

 31 Highbrook Drive

 (09) 273 4876

 [highbrookmedical.co.nz](http://highbrookmedical.co.nz)