



# Health & Wellness

**REDIMED** is your total health solutions provider using expertise and innovation to drive superior outcomes for organisations and their people wherever, whenever.



# Health & Wellness

REDIMED's Health & Wellness team can visit your workplace, saving time and money whilst ensuring that your employees' health and wellbeing are a top priority.

## Welcome to REDIMED

We believe in a proactive approach to ensuring a healthy workforce. It makes good business sense and is why we are ceaselessly pioneering innovative health care solutions that result in superior outcomes for employers.

Our primary focus is to optimise your employees' health through delivering 'best in market' total health care solutions including preventative screenings and commercial health programs through to 24/7 emergency assistance and clinical rehabilitation.

## Health & Wellness Services

With a comprehensive understanding of occupational health, REDIMED's health & wellness team can visit your workplace, offering services for the prevention and treatment of diseases and injuries, and health optimisation solutions that promote productivity, health and wellbeing. Our customised health & wellness services include:

- Skin checks
- Vaccinations
- Onsite physiotherapy
- Ergonomic assessments
- Health education & training

## Skin Checks

REDIMED's General Practitioners conduct skin cancer checks which involve extensive skin examinations using a Dermatoscope. If any suspicious moles or skin lesions are identified, we can assist with further testing, provide surgical treatment with our experienced Plastic Surgeons and provide superior follow up care. We also provide onsite skin check campaigns, and run a mobile skin clinic to regional communities throughout Western Australia.

## Vaccinations

As one of Western Australia's leading workplace health providers, REDIMED has an easy solution to ensure your company is prepared and protected with our mobile workplace vaccination program.

Vaccinations are a proactive and effective way to help protect you and your employees. Research shows this to be a smart investment with healthy employees vaccinated against flu taking nearly half the number of sick days as other workers.

Our mobile clinic allows us to come to your business and provide vaccinations onsite.

We call it EasyVax, simply because it is specifically designed to make life easier for employers who want to ensure their workforce has maximum protection throughout the year.

## Onsite Physiotherapy

REDIMED recognises that the key to a productive workforce is a proactive approach to employee health. Our experienced Physiotherapists can visit your site to assess your business processes, how your employees operate and identify any hazardous work areas.

With onsite early intervention physiotherapy, our experts can provide prompt management and tailored professional health solutions before more significant injury occurs and ultimately improve the health & wellbeing of your workforce.

## Ergonomic Assessments

REDIMED can perform ergonomic assessments of your workspaces, products and systems to provide you with a detailed report with recommendations for preventing immediate or progressive workplace injuries.

Our ergonomic assessments typically include:

- On-the-spot recommendations and alterations to workstations and equipment
- Recommendations for workstation setup
- Recommendations for other useful preventative measures such as physical exercises and stretching

## Health Education & Training

REDIMED's accredited Exercise Physiologists have developed health education and training sessions, designed to increase awareness of health issues in the workplace.

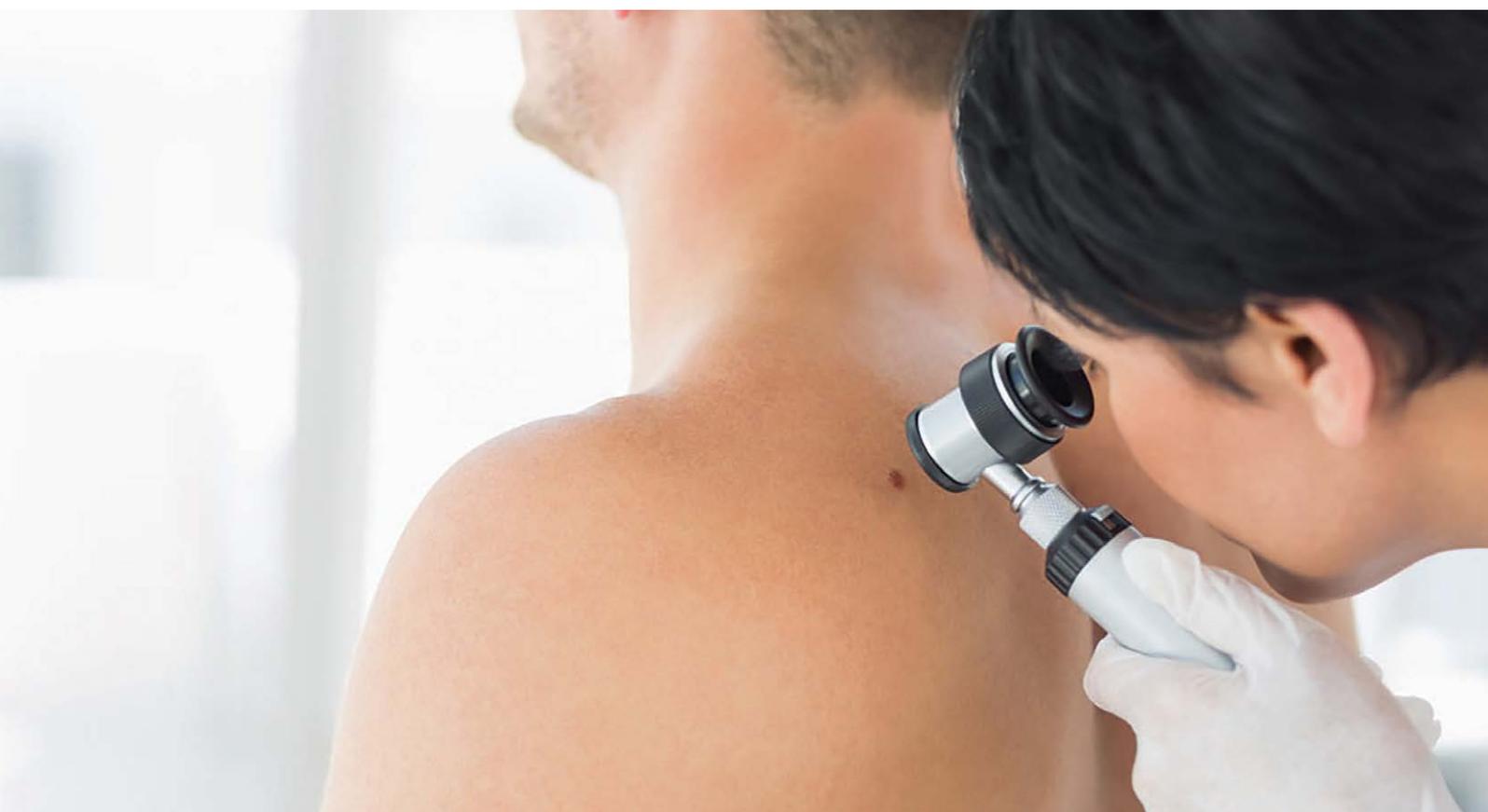
Our customised training sessions involve the latest, evidence-based research aiming to identify risk areas and assist in minimising health issues in the workplace with proactive solutions.

## Locations

REDIMED operates from three primary Perth locations in Belmont, Joondalup and Rockingham and our team of medical professionals offer onsite mobile services to minimise disruption to your business.

Our comprehensive onsite services offer easily accessible solutions without compromising our service quality. In addition to our health & wellness services, we also provide the following commercial health services onsite:

- Pre-employment medical screening
- Drug & alcohol screening
- Health surveillance





## The REDIMED Difference

When an injury occurs at work, the financial and operational costs can be significant.

REDIMED provides a fully integrated, comprehensive and proactive approach to preventing and mitigating the impacts of workplace injuries.

We perform some of the most comprehensive pre-employment medicals on the market, conducted by our highly qualified and experienced Medical Practitioners.

We also offer customised health & wellness programs that aim to mitigate workplace illnesses and injuries and ensure that your workers are kept in optimal health.

If a workplace injury does occur or an employee experiences an unrelated illness onsite, our urgent care

and injury management services are second to none.

When you use REDIMED's commercial health services the results are two-fold. We get to know your employees' level of health and physical capabilities on an individual basis. We also get to know your workplace.

This means our injury rehabilitation & allied health services can streamline the process of getting your employees back to work faster. And we do all this while ensuring our patients receive the highest standards of clinical care.

Because delivering superior total health solutions is what we do best.

That's the REDIMED difference.

For more information regarding our services, please visit our website or contact a member of the REDIMED team, we're always happy to help.

**Phone:** 08 9230 0900

**Email:** [reception@redimed.com.au](mailto:reception@redimed.com.au)

### PERTH CLINICS

**Belmont** 1 Frederick Street

**Joondalup** 81 Mclarty Avenue

**Rockingham** 1/23 Chalgrove Avenue