



IMMEDIATE RELEASE

April 27th, 2021

TOMORROW WORLD HEALTH & SAFETY @ WORK DAY: WORKPLACE PSYCHOLOGICAL INJURIES COSTS MORE THAN PHYSICAL INJURIES

It's World Health & Safety at Work Day on Wednesday April 28th. The hottest topic at an all-time boiling point? PSYCHOLOGICAL injuries now cost more time and money than physical injuries at work.

- 1 in five Australians suffer from a Mental Health condition
- Typical Compensation per Mental Health claim is \$24,500 compared to \$9,000 for all claims
- Typical time off work was 15.3 weeks compared to 5.5 weeks for all claims
- 91% of workplace mental health claims are attributed to mental stress

“According to Safe Work Australia data, before COVID, over \$100 million was paid in worker’s compensation for work-related mental health conditions each year. Who knows what this number is now?” questions Corporate Wellness Expert, Dr Cam McDonald. **“Mental Health is costing Australia’s employment economy too much time and money in a time of such economic uncertainty.”** he furthers.

“Can Australia’s employers afford to pay higher health plan premiums when mental health claims rack up? Can they afford to recruit and train new staff when current staff take over 3 months mental health sick leave? The business costs of this issue is insidious and needs to be recognised to demonstrate the full financial, physical, mental, social, and environmental impact it’s having on Australia’s Economy.”

World Health & Safety Day is the time to raise the profile of this problem and offer hope of proven, effective solutions. There are specific, precision, proven science-based corporate wellness technologies available in Australia to support employers in supporting their staff in mental, physical, social, and environmental health all at once.

Results show that the highest success rates are realised when a personalised solution unique to the individual is offered. The science and technology of “Personalised Health” has been proven to be the most effective corporate wellness approach in Australia with some alarmingly successful results.

Over 85% of employees during a 30 day Personalised Health program reported clinically-significant increases in their Mental Health and Wellbeing without the need for intensive Mental Health Counselling.

“Personalise Mental Health support.” urges Dr McDonald. “There are Personalised Health technologies available to make personalisation easily scalable, but even if your business isn’t in a place to secure technology solutions, recognising that Mental Health support is not a ‘one-size-fits-all’ approach is guaranteed to give employers a leg-up in meaningfully supporting their staff.”

-30-

EXPERT SPEAKER AVAILABLE:

Tuesday April 27th

Wednesday April 28th

Dr Cam McDonald, VP Education at ShaeWellness

Personalised Health & Corporate Wellness Expert

Industry-Leading and Health Professional Educator in Personalised Health, Dr Cam McDonald, specialises in Precision Nutrition and Movement. Sought-after Industry Keynote speaker and has trained over 1,000 Health Professionals on integrating Personalised Health into Allied Health Care Services. Current weekly media feature on NOVA Radio, Brisbane. Currently based in Brisbane, QLD.

ShaeWellness is a #Tech4Good Ambassador and the corporate world’s leading team of Personalised Health Science Experts. Delivering workplace ecosystems with integrative and precise health advice for the individual, work teams, and corporate culture relevant to 360° of the corporate environment. Medically-endorsed, scientifically-validated, evidenced-based ShaeWellness tech platform uses AI technology to instantaneously assess and deliver unique mental, physical, social, cognitive, and environmental lifestyle insights of individuals, and those around them. ShaeWellness technology is currently being used in over 120 countries by medical experts, businesses, and corporate wellness practitioners alike.

Media Enquiries & Speaker Requests:

Corrie Van

Media Relations Manager

ShaeWellness & ph360 Australia

0415 155 969

ShaeWellness 2021 #Tech4Good Initiative: AUSTRALIA’S HEALTHIEST WORKPLACE CHALLENGE. For more information on this Corporate Wellness offering in 2021, visit - <https://shaeWellness.com/australias-healthiest-workplace-challenge/>