

# My Healthy Balance

Your path to a healthier life

**Boost morale, productivity and support your employees to improve their health.**

My Healthy Balance is a free, evidence-based online healthy lifestyle program for your employees.

Key features of My Healthy Balance:

- Informative and interactive healthy lifestyle learning modules
- Focus on achieving wellbeing through healthy habits
- Self paced program with options of a 4-week, 6-week, 8-week or 12-week program
- Program support including emails and motivational text messages
- Workplace coordinators have access to participation data via a dashboard



**Your organisation's path to a healthier life starts here [www.myhealthybalance.com.au](http://www.myhealthybalance.com.au)**

To organise a demo at your workplace, email [support@myhealthybalance.com.au](mailto:support@myhealthybalance.com.au) or call 1300 136 588

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It's easy and free to implement My Healthy Balance in your workplace.

1

Go to [myhealthybalance.com.au](http://myhealthybalance.com.au), click on the 'Workplaces' tab and create your account.

2

Email the program link to your employees.

3

Encourage your employees to work their way through a series of fun, interactive modules at their own pace.

Find out more at [www.myhealthybalance.com.au](http://www.myhealthybalance.com.au)



Government of **Western Australia**  
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My Healthy Balance is a component of the WA Healthy Workers initiative which is jointly funded by the Western Australian and Australian Governments.