

List of Workplace Wellness Service Providers

Publicly Provided Service Providers

The following list of services providers were identified through a stocktake of available programmes and resources within New Zealand. If your organisation is not on the list and you would like to be please contact: info@mission-on.co.nz

Name	Key Components of Programme	Contact Details
ACC	ActiveSmart <ul style="list-style-type: none"> ▪ Online training and nutrition programmes 	Contact: Joe Harawira 06 952 5288 joseph.harawira@acc.co.nz
Auckland Regional Public Health Services	Heartbeat Challenge <ul style="list-style-type: none"> ▪ Specialist team ▪ Facilitates the set up of a sustainable workplace health programme ▪ Award given for changes made, targeting low socio economic status workplaces 	Contact: Judy Montgomery 09 488 2310 Ext 8708 JMontgomery@adhb.govt.nz
Cancer Society	Livesmart@work <ul style="list-style-type: none"> ▪ Oncoaching programme, advocating small scale change in workplaces, habits 	Adrian Knowles 09 308 0160 aknowles@akcansoc.org.nz Tim Corbett 09 575 8854 021 648 136 tim@thinkspace.co.nz
Quit Group Workplace Advisor	The Quit Group Workplaces advisor cans assist with many aspects of creating a smokefree workplace including: <ul style="list-style-type: none"> ▪ Advice and support about workplace smokefree policy ▪ Strategies for practical support to help staff who want to quit smoking ▪ Training for staff to be Quit Card providers (which will put smoking staff in touch with subsidized nicotine patches and gum) ▪ Resources to raise awareness of the issues around smoking, health and lifestyle ▪ Assistance with the implementation of internal communications to make your workplace more smoke free? 	Workplace Advisor: Josh Galuszka 04 474 0715 Email: workplaces@quit.org.nz

Name	Key Components of Programme	Contact Details
Land Transport NZ	Bikewise <ul style="list-style-type: none"> ▪ Cycling activities including business battle 	Nadine Milmine 03 964 2833 nadine.milmine@landtransport.govt.nz
Health Promotion Unit, Taranaki DHB	Nutrition and Physical Activity Friendly workplace programme	Jill Nicholls 06 753 7777 Ext 8540 jill.nicholls@tdhb.org.nz Anita Waugh 06 753 7777 Ext 8535 anita.waugh@tdhb.org.nz
Sport Hawkes Bay and partners	Workfit Better Business Health	Contact: Brian Fisher 06 845 9336 Ext 706 brianf@sporthb.net.nz
Sport Waikato	Health @ Work	Contact: Donna Jacobs 07 8382657 donnaj@sportwaikato.org.nz

Private Service Providers

The following list of service providers are not endorsed by the Ministry of Health or Sport and Recreation New Zealand.

Name	Key Components of Programme	Contact Details
Vitality Works Ltd	<ul style="list-style-type: none"> ▪ Health Checks ▪ Executive Medical Assessments ▪ Executive Step programme ▪ Workplace Nutrition ▪ Workshops and Seminars ▪ Online Wellness Solutions ▪ Total Health Management ▪ 10, 000 Steps at work programme ▪ The Around NZ Challenge ▪ The Next Step 	Contact: Louise Schofield 09 488 0078 louise@vitalityworks.co.nz
Azion Corporate Wellness	<ul style="list-style-type: none"> ▪ Wellness Portal ▪ Seminars and Workshops ▪ Wellness Days ▪ Functional Age Assessment ▪ Executive Medicals ▪ Azion Challenge 	Contact: Kim Harvey 09 476 2993 kim.harvey@azion.co.nz
Synergy Health	<ul style="list-style-type: none"> ▪ The Aware Programme (Risk Factor Assessment) ▪ Personal Trainer Programme ▪ Weight Coach ▪ Breaking Free (Smoking cessation) ▪ The Health Observer Magazine ▪ Dealing with Stress 	Contact: Brad Norris 03 366 5125 brad@synergyhealth.co.nz
Millennium Institute of Sport and Health	<ul style="list-style-type: none"> ▪ Be Well Work Well (health checks) ▪ Cape to Bluff Step Challenge ▪ Health Fairs ▪ Individual Education and Screening ▪ Presentations, Group Activities, Education (including cooking, using cookbooks) 	Contact: Kirsten MacKenzie 09 477 2078 kmackenzie@institutesporthealth.org.nz
Weight Watchers at Work	Weight Watcher meetings in the workplace <ul style="list-style-type: none"> ▪ Weight loss programme strategies ▪ Nutrition and exercise plans 	Contact: Renata Mathewson 0800 009 009 rmathewson@weightwatchers.com.au
Team Mishfitness	<ul style="list-style-type: none"> ▪ Range of activity options ▪ Personal trainer ▪ Mishs Food and Fun Lifestyle Club 	Contact: Mish McCormack 027 551 4147 mish@mishfitness.com

Name	Key Components of Programme	Contact Details
Consulting Dietitians Ltd	<ul style="list-style-type: none"> ▪ Wellness Seminars ▪ One-on-one consulting ▪ Advice for groups 	Contact: Sarah Ley 09 446 6262 info@dietitian.co.nz
Work Health Risk Assessments	<ul style="list-style-type: none"> ▪ Onsite health test ▪ Risk assessments ▪ Information 	Contact: Peter Sweeney 09 360 6505 peter@workhealth.co.nz
Impact Health	Working on Wellness programme <ul style="list-style-type: none"> ▪ Health Screening ▪ Canteen reviews ▪ Assistance to establish wellness committees ▪ Collaborative work to effect organisational change 	Contact: Katherine Archer 06 8566731 027 267 2224 kjarcher@xtra.co.nz
Southern Cross Corporate Solutions	<ul style="list-style-type: none"> ▪ Southern Cross Health Insurance ▪ Activa Health Management Account ▪ Wellness Programmes <ul style="list-style-type: none"> - Health Checks - Executive Health Checks - Exercise and Fitness Programmes - Flu vaccinations - Smoking cessation - Weightloss ▪ Health Educations <ul style="list-style-type: none"> - Stress management - Back care - Mens Health - Womens Health - Work life balance ▪ Care Advantage <ul style="list-style-type: none"> - Injury and illness management - Third party administration for ACC programme 	Contact: Carol Duncan 04 910 7252 carol.duncan@southerncross.co.nz