

CheckInToday: New program to support employee mental and physical health during challenging times

Leading workplace health service provider Rehab Management has seen a 10% increase in mental health claims across their Workers' Compensation, CTP and Government agency clients (as a primary or secondary condition) since mid-Jan when Coronavirus started to emerge. A new online program aims to help businesses to support the physical and mental health of their employees.

A new program has been launched by one of Australia's largest and longest serving workplace health services providers, Rehab Management. CheckInToday includes a suite of online services and health interventions designed to provide businesses with a holistic approach to support an individual's health and wellbeing.

Delivered by Rehab Management health professionals, benefits of the program include early identification of mental health barriers or issues, increased engagement in return to work post quarantine, and avoiding the implications of social distancing. It also a way for large businesses to show a duty of care by providing support to employees who find themselves unexpectedly laid off.

"We have seen a 10% increase in mental health claims across our Workers' Compensation, CTP and Government agency clients, as a primary or secondary condition, since mid-Jan when Coronavirus started to emerge. We expect that number to substantially increase over the next 6 months and beyond," says Marcella Romero, CEO of Rehab Management.

"CheckInToday is a simple way to offer support in these incredibly challenging times. Even before COVID-19, Australian trends in mental health conditions in the workforce have not been positive. The SuperFriend 2019 national survey found that an overwhelming 50.6% of the Australian workforce has experienced a mental health condition," continued Marcella.

"Managing mental health is going to be an absolute priority in the coming months, not just for those who are employed but for the incredible number of Australians being currently laid off. While employers may themselves feel helpless in this situation, CheckInToday is a simple but effective way to show they care. I would argue that it is a duty of care for some of our large organisations to do what they can to support the thousands of people they are having to let go.

Another priority will be managing employees physical wellbeing following long periods of home stay and potential isolation. We need to ensure people keep up their physical fitness. A mechanism to identify those that may need support early is going to be vital," says Marcella.

CheckInToday uses evidence-based measures to identify trends and tailor a participant's experience via a stepped process, and delivers deidentified data snapshots to employers to help them understand the wellbeing of their people.

Firstly, the participant is provided access to an online screening tool. This screening questionnaire is simple, fast to fill out and can be completed on a mobile or computer. The results are provided back to Rehab Management in real time and then used to formulate a tailored program for the participant.

The program can cover a range of wellbeing support across physical, mental, social, health and lifestyle, work and study. Based on an individual's results, they will be connected with Rehab Management health consultants suited to their needs through telephone or online platforms. For example, they may be provided with psychological support, or a tailored physical exercise program, or coaching to set daily goals.

"CheckInToday is useful for employers to keep their finger on the pulse when it comes to their employees' wellbeing and implement targeted interventions where necessary," finished Marcella.

- ENDS -

Distributed by Lanham Media on behalf of Rehab Management

Media contact: Fleur Townley | fleur@lanhammedia.com.au | 0405 278 758

Media assets available [here](#)

About Rehab Management

Rehab Management is an award-winning, nationally accredited and industry-leading Occupational Rehabilitation and corporate health services provider. Our multidisciplinary team delivers a wide range of client-centric, tailored services to people with injury, illness or disability and integrated rehabilitation and workplace health solutions.

- Occupational rehabilitation
- Return-to-work and career transitioning
- Injury prevention and management
- Ergonomics and manual handling
- Psychological and physical health and wellbeing.

For the past 20 years we have grown to work with some of Australia's largest organisations, including insurers (Allianz, GIO, EML, Boral, Apple, QBE, AIA and iCare) and government departments and agencies (Veterans' Affairs, Home Affairs, Services Australia (formerly DHS), Health, Education and the Australian Federal Police). Rehab Management is part of the Arriba Group of companies.

<https://www.rehabmanagement.com.au>