

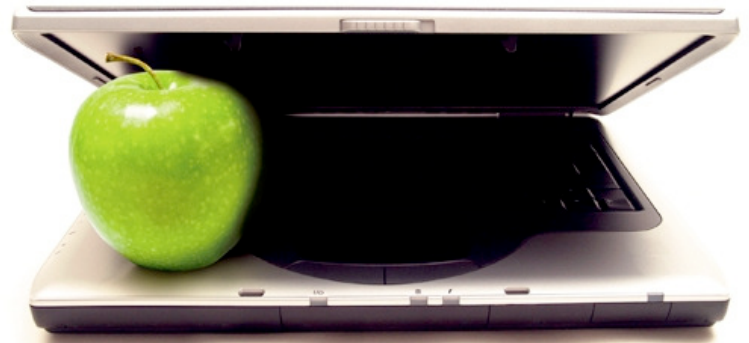
## Latest Research – Australian Research Released

There is no doubt that the United States leads the way when it comes to conducting research into the effectiveness of corporate health programs – particularly measuring return on investment. However, with strong interest and a growing sophistication of measurement tools currently available locally, Australia is now generating its own validated statistics, and the results are quite impressive.

In a 2008 research study involving 5,000 employees across the IT, Insurance and Telecommunications industries researchers found that:

- **Work effectiveness is 42% higher** in those employees with optimum health as compared to those with high risk health status (typically those with 5+ health risk factors)
- Employees with “high risk” health status have **3.1 times the amount of annual sick leave** as compared to those with optimum health status
- Individuals with ‘high risk’ health status are **8.5 times more likely to have poor job satisfaction** than those with optimum health status

The research conducted by Springboard involved the use of a globally awarded Health Risk Appraisal (HRA) plus the Harvard Medical School's Health & Productivity Questionnaire (HPQ). These validated tools are now available for use in any Australian workplace setting allowing employers to generate ‘real and hard data’ on the health and performance of their workforce.



### What's Next?

The research study continues for the next few months extending the current outcomes to include analysis of the effectiveness of an integrated workplace health program on improving health outcomes for staff, and demonstrating valid return on investment for the employers. The study will be published in Australian and international journals later this year.