

Strategies to Manage Health Data for Future Health Improvements

Objective

- To understand the importance of health data at workplace
- To identify early signs of distress among employees
- To equip employees with health knowledge
- To apply strategies for future health improvements

Course Overview:

This course emphasises on the practice of holistic wellness within an organisation. The focus will be mainly on physical wellness but will also include mental and lifestyle challenges. The employees will be learning on how to practice a healthy lifestyle that can enhance their quality of life, as well as improving their performance in their organisation.

Learning Outcomes:

- To help participants improve their wellbeing by incorporating healthy lifestyle behaviours.
- To assist participants to understand their health data
- To equip and empower them the knowledge to handle diseases outbreak

Course is suitable for: C-levels, Managers, Senior executive, project managers, admins

Time	Module	Subtopic	Summary
15 minutes	1: Understanding Health data	Introduction to HealthMetrics	<ul style="list-style-type: none">• What is HealthMetrics?• Overview of the company
45 minutes		Deconstructing Health Data	<ul style="list-style-type: none">• Introduction to Health data• Knowing your health data to improve personal health• Using data for future health planning
20 minutes		Planning an effective employee health campaign	<ul style="list-style-type: none">• Introduction to create effective campaign• Offline/Online tools for guidance and motivations

40 minutes	2: Types of Health Prevention Measures	Basic Health & wellbeing screening	<ul style="list-style-type: none"> • Basic Health screening methods (Blood, urine, Body Composition Analysis) • Importance of Dental and optical checks • Introduction to workplace health & safety
30 minutes		Importance of nutrition for a life-long wellbeing	<ul style="list-style-type: none"> • Nutrition Role in Managing Diseases • Understanding and Identifying nutrition labels in food • Portion size control • Relation of nutrition on physical health
45 minutes	3: Stress & Mental Wellbeing management	Understanding mental wellbeing	<ul style="list-style-type: none"> • What is mental wellbeing? • Types of mental wellbeing issues • Recognising mental health symptoms • Tools and guidance for holistic mental wellbeing
45 minutes		Develop a support group	<ul style="list-style-type: none"> • What is a support group? • How can support group helps with mental health at workplace remotely? • Implementing support group & hotline
30 minutes		Managing Performance Anxiety at work	<ul style="list-style-type: none"> • Identifying trigger points • Create relaxation techniques • Managing the pressure of high expectations

30 minutes	4: Diseases Outbreak Management Framework	Roadmap for managing Diseases Outbreak at workplace	<ul style="list-style-type: none"> • Workplace safety precautions • Workforce strategies post-covid • Respond, Recover and Thrive Framework
30 minutes		Strategies for containment of virus at workplace	<ul style="list-style-type: none"> • Framework for Business Continuity Plan • Managing Employee Relations & benefits compensation
30 minutes		Influenza Awareness	<ul style="list-style-type: none"> • Types of Influenza viruses • How does Influenza spread • Statistics In Malaysia and worldwide • Strategies to prevent an influenza outbreak
15 minutes		Importance of vaccination	<ul style="list-style-type: none"> • What is vaccination? • Vaccination Programs in Malaysia
30 minutes	5: Financial Health	Develop a sound financial habit	<ul style="list-style-type: none"> • Understanding financial wellness • Building a portfolio • Goal settings & budget planning
15 minutes		Insurance for future protection	<ul style="list-style-type: none"> • Types of insurances • Why is insurance important?