middlemount coal PTY LTD

HEALTH PLAN

2018

COMPOUND HEALTH EFFECT

"Profound success is the result of small, smart choices completed consistently over time."

HEADLINE

middlemount coal PTY LTD

WELLBEING

We practice self-care for ourselves, our team and our families.

01 | EMOTIONAL

When we feel emotionally balanced, we are aware of and able to manage our emotions, and we have a realistic and mostly positive view of ourselves, others, and the circumstances in our lives.

02 | PHYSICAL

Implementing regular physical activity, maintaining a healthy diet, and rejuvenating our bodies through rest and sleep—all things that protect us from chronic diseases and improve our quality of life.

03 | SOCIAL

The ability to relate and connect with other people. Our ability to establish and maintain positive relationships with family, friends and co-workers contributes to our Social Wellness.

04 | FINANCIAL

The process of learning how to successfully manage financial expenses. Understanding our financial situation and taking care of it in such a way that we are prepared for financial changes.

05 | INTELLECTUAL

We nurture our intellectual health when we engage in creative activities, learn new things, and expand our knowledge. A commitment to lifelong learning.

EMOTIONAL

QUARTER 1

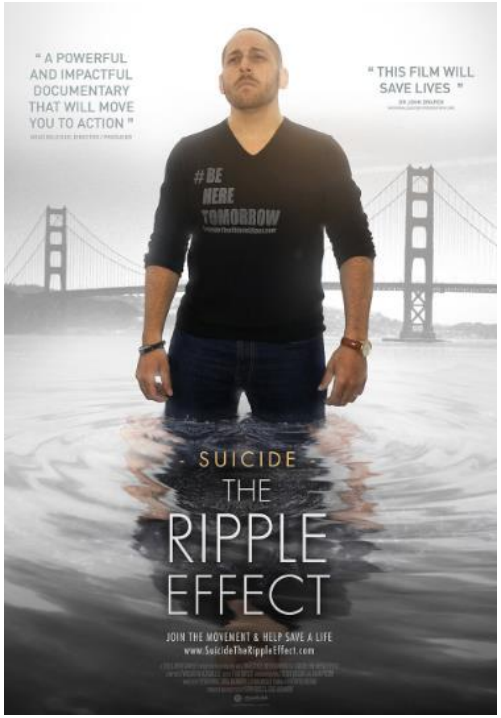
Positive psychology sessions

EMOTIONAL

QUARTER 2

The Ripple Effect – Movie Screening in Middlemount Community Hall

- Guest Speakers Matt Runnalls from Mindfull Australia and Ben Higgs from Rise Foundation speaking to the staff about overcoming adversity, building resilience and living a fulfilling, enjoyable & healthy life.



FINANCIAL

QUARTER 2

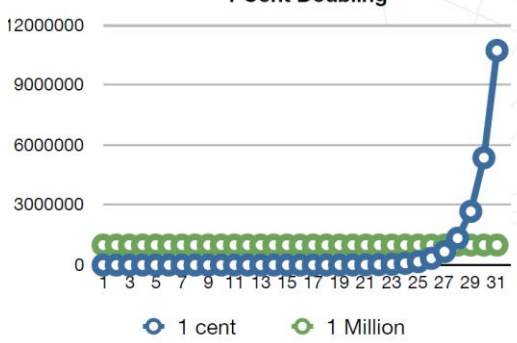
Financial Planning education sessions and optional one-on-one sessions with Guntur Reid.

1) Value of Saving
2) Wealth Creation
3) Financial Security

FINANCIAL

Value of compound interest explained

1 cent doubling everyday:



Day	1 cent	$1M
1	0.01	$1M
2	0.02	$1M
3	0.04	$1M
4	0.08	$1M
5	0.16	$1M
6	0.32	$1M
7	0.64	$1M
8	1.28	$1M
9	2.56	$1M
10	5.12	$1M
11	10.24	$1M
12	20.48	$1M
13	40.96	$1M
14	81.92	$1M
15	163.84	$1M

Day	1 cent	$1M
16	327.68	$1M
17	655.36	$1M
18	1310.72	$1M
19	2621.44	$1M
20	5242.88	$1M
21	10485.76	$1M
22	20971.52	$1M
23	41943.04	$1M
24	83886.08	$1M
25	167772.16	$1M
26	335544.32	$1M
27	671088.64	$1M
28	1342177.28	$1M
29	2684354.56	$1M
30	5368709.12	$1M
31	10737418.24	$1M

INTELLECTUAL

QUARTER 3

Goal Setting Exercise

Pod Cast/Audio Book Ideas

INTELLECTUAL

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PHYSICAL

QUARTER 3

Sitsmart / Office Ergonomic Presentation
Healthy Living Presentation
Skin Checks
Flu Shots
Health Assessments

- Blood Pressure
- Blood Glucose
- Body Mass Index
- Waist Circumference
- Total Cholesterol
- Diabetes Questionnaire

PHYSICAL

QUARTER 3

Staff:

- 100 Day Challenge
- Smoothie Club
- Soup Day
- Ergonomic Assessments

SOCIAL

QUARTER 4

Educational Sessions:

- Working with personalities in the workplace
- Differences between men and women