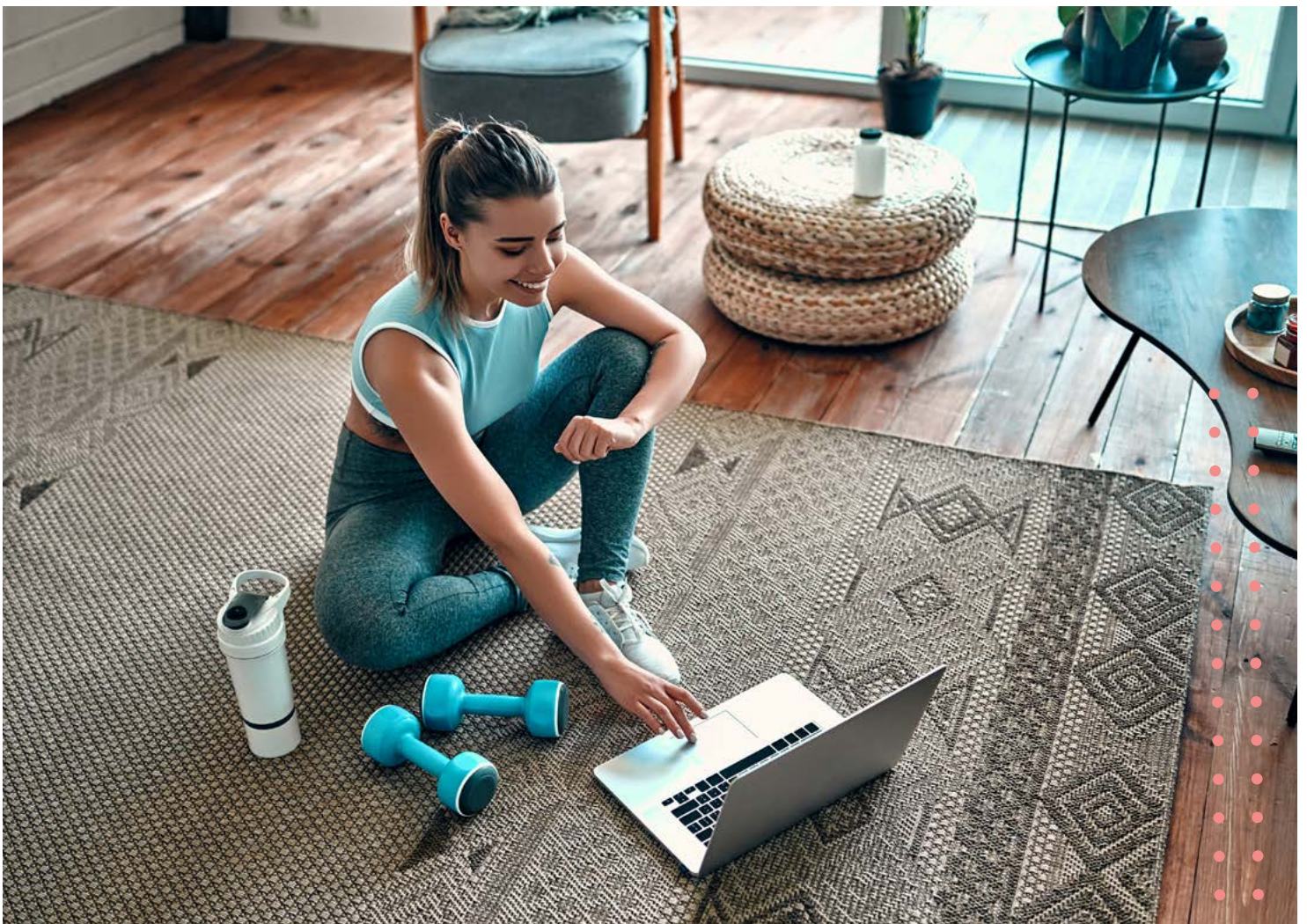


Changing people's lives

# CHM Virtual

**A Corporate Health Management product.**

*Anyone. Anywhere. Anytime.*



# What is CHM Virtual?

CHM Virtual is your all areas access pass to health, fitness, physical and mental wellbeing. Here you will find an array of physical workout classes to do, wherever you are. A range of healthy recipes and multiple cuisines to satiate your palette, and access to a wealth of wellbeing knowledge.



Subscribe to CHM Virtual and your organisation will be given their own unique log in username and password.



There is no restriction on the number of employees that can use CHM Virtual.



Anytime, anywhere, keep on top of your fitness, health and wellbeing.



Keep up to date with a monthly newsletter, videos, recipes, articles, podcasts and a live webinar.



Monthly reporting on number of logins, pages viewed and total number of users.



# Why choose CHM Virtual?

*Issues and challenges companies now face.*



## Organisation Risks



## CHM Virtual Solutions

Poor employee health and frequent sick leave translates to low organisational productivity.

It has been proven that physical activity is very effective at reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function.

The modern worker is time poor, struggling to juggle work commitments, family and personal relationships. Staying fit and healthy gets often forgotten about.

Being able to access CHM Virtual anywhere, anytime allows employees greater flexibility to manage their precious free time, improving their work-life balance.

Organisations that fail to build a culture of recognition and value of their employees health will lose top employees to others that do.

Employees will feel more appreciated and cared for when they are given access to health and wellbeing education and enrolled in gym subscription services.


It is expensive to equip, run and resource onsite corporate gym centres in the modern hybrid work landscape.

CHM Virtual is a cost effective way to give your employees all the benefits of a bricks and mortar gym without them leaving the comfort of their home.


Not adequately supporting staff with access to mental health information and support with upcoming changes to the Mental Health Act.

CHM Virtual provides organisations with key mental health support information, articles, webinars and services such as mental health and wellbeing surveys to support risk treatment.

# Anyone. Anywhere. Anytime.




- Home
- Workouts
- Recipes
- Wellbeing
- Webinars & Podcasts
- Health Tool
- Contact Us



## CHM Virtual

### What's on this month




#### Workout Video

*Pilates Legs*

Get your blood pumping into your legs with 20 minutes of thigh busting exercise! Don't forget your water!

[VIEW MORE](#)




#### Recipe

*Slow Cooker Lamb & Lentils*

A simple and delicious slow cooker lamb and lentils perfect for a cold winter's night.

[VIEW MORE](#)




#### Wellbeing Article

*Look After Your Back at Work*

Think about your posture and the way you move. If you maintain poor postures repetitively.

[VIEW MORE](#)




#### Podcast

*Better Sleep*

This podcast will guide you to a place of relaxation and deep sleep, so only listen to this podcast when preparing for sleep.


[VIEW MORE](#)



#### Workouts

New videos uploaded monthly that you can enjoy, anytime, anywhere.


[VIEW MORE](#)



#### Recipes

With plenty of healthy recipes to choose from, grab some mealtime inspiration.

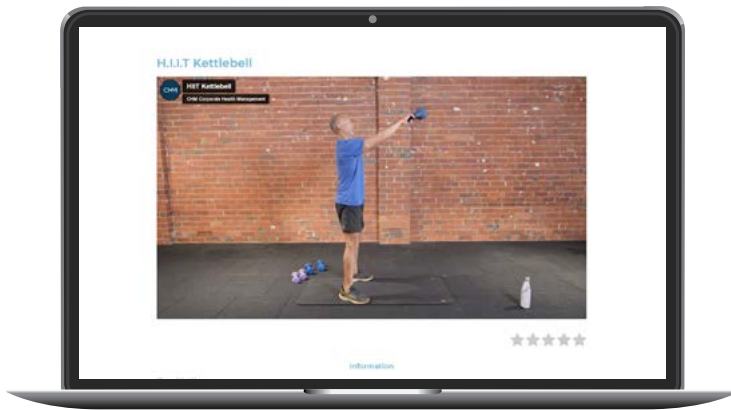
[VIEW MORE](#)



#### Wellbeing

Our articles focus on nutrition, mindfulness, physical, lifestyle and emotional wellbeing.

[VIEW MORE](#)

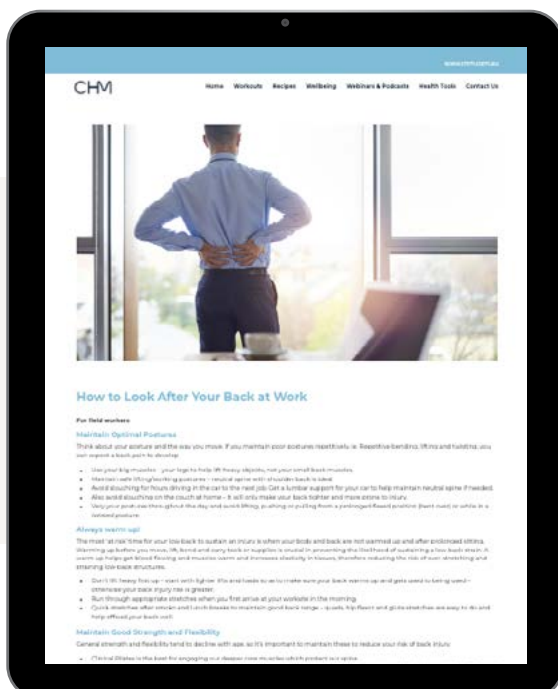


## Can't make your fitness classes?

With a multitude of on-demand videos available, find a workout that best suits our mood and energy levels.

## Need healthy recipe inspiration?

Master Chef in disguise? Never cooked before or not enough time? Cooking at home could be seen as a chore but if you have the right tools (and recipes) it's easy to prepare quick and healthy meals.



## Want better health knowledge?

We all would like to better our health knowledge, now you have access to easy to read articles to keep you informed on all things health, fitness and wellbeing.





## Podcasts

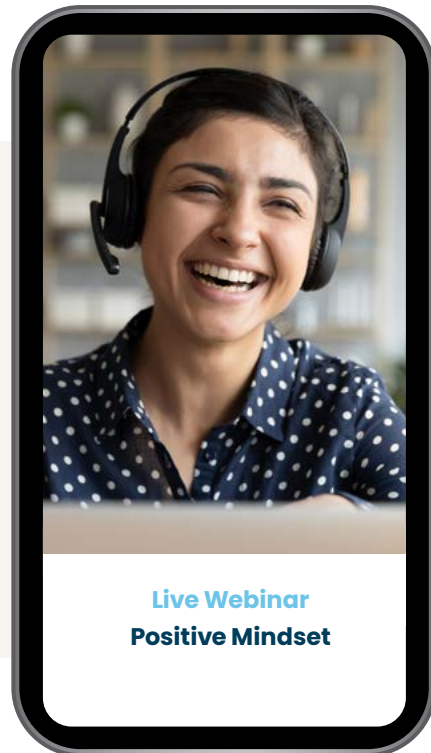
Reset your mind and body with a variety of mindfulness podcasts. Using a guided, audio practice can be a great place to start when we have excessive worries and thoughts. Being led through a practice allows us to follow prompts and keep our focus strong.

All podcasts are recorded by CHM qualified practitioners.

## Live Mini Webinars

Our live monthly mini webinars are created with one thing in mind, to increase your health and wellbeing knowledge. Topics will cover relevant health and wellbeing trends, with a focus on education and awareness.

All webinars are presented by CHM qualified practitioners.



## Visit CHM Virtual

To see more how CHM Virtual can help your organisation visit: [www.chmvirtual.com.au](http://www.chmvirtual.com.au)





# CHM

*Corporate Health Management is one of Australia's leading providers of corporate health services. We have worked with hundreds of organisations, and thousands of individuals, providing a diverse range of health and wellbeing services.*



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