

Health and Well-being



Mutual Community

Take out health cover through the University of South Australia Health Plan with Mutual Community. If you are an existing Mutual Community member, please bring your current membership number to transfer over to Corporate cover.

The University of South Australia Health Plan will entitle you to exclusive corporate benefits.

- ✓ **If you go to hospital, the University of South Australia pays your excess.** Choose one of our specially selected covers and if you go to hospital, the University of South Australia will pay the excess or co-payment that normally applies.
- ✓ **Discounted cover.** As a University of South Australia employee, you'll also receive a **1.5%** discount on your premiums!
- ✓ **No re-serving waiting periods.** If you currently have health cover and switch to an equivalent cover with us, you won't have to re-serve your waiting periods
- ✓ **Claim more every year.** We increase the amount you can claim on most extras services by 20% each year, until it's double as much as when you first joined
- ✓ **A single room or money back.** You'll get a single room at our extensive network of Members First hospitals or \$50 for every day you're not in one.
- ✓ **No cost dental for kids up to 25.** Only we cover all of the cost of your kids' dental until they're 25 – that's on over 250 services at Members First dentists.
- ✓ **General Insurance.** Take a General insurance policy with Mutual Community with a direct debit monthly option you will receive 10% discount. Mutual Community health members get an additional 10% discount off the first year's premium.

Corporate Overseas Visitors Cover protects you if you become ill or have an accident while in Australia. It helps to ensure you have control of your health care and to receive treatment without delay.

Two levels of cover - choose Corporate Overseas Visitors Cover Level 1, alternatively, select Corporate Overseas Visitors Cover Level 2.

Mutual Community representatives will be on campuses during May to give presentations. Please register your attendance by emailing [Pamela Werchon](mailto:pamela.werchon@unisa.edu.au) which session you would like to attend.

City West —Thursday 15th May, 12.30pm-1.30pm in HH 4-08

Magill—Friday 16th May, 12.30pm-1.30pm in C 1-79

Mawson Lakes— Monday 19th May 12.30pm-1.30pm in F1-24

City East—Friday 30th May, 12.30pm-1.30pm in H 2-02

Flu Vaccination Program 2008

The University has once again organised a Uni-wide Flu Vaccination Program which will be held during the **week commencing Monday 5 May 2008**. An external provider will vaccinate staff on site and the cost will be charged back to your local area cost centre. Staff who would like a flu vaccination need to register by emailing pamela.werchon@unisa.edu.au (DO NOT re-register if you have already done so) by **Monday 28 April 2008, including details of your full name, your School/Unit etc. and campus location.**

Good health habits

If possible, **stay home from work** and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands. Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.



Work-life balance - what does it all mean?

Here at UniSA we believe that work-life balance is achieved when our people can enjoy a fulfilling life inside and outside paid work, to the mutual benefit of the individual, the university and society.

Offering a range of on-site activities and facilities, such as yoga and gymnasiums.

Healthy bodies enhance peak performance! There are a range of facilities and activities available to help you keep fit.

For more information on sporting facilities, contact:



City East: [HLS Health and Fitness Centre](#) on 21496

Magill: [Magill Sports Centre](#) on 24570

Mawson Lakes: [Mawson Lakes Sport Centre](#) on 23257

101 Curie Street: opening sometime in 2008

Perhaps gyms are not for you?



The University provides venues for yoga classes during business hours. Participation is on a user pays basis (at very reasonable rates).

For more information on yoga contact <http://www.workingyoga.com.au/>

Tai chi consists of lovely slow flowing movements which exercise and relax the mind and body. The slow controlled movements and steady breathing reduce stress, improve flexibility and muscle strength and increase energy. This produces a feeling of general well-being and relaxation.



Walking is the cheapest form of exercise available, it's absolutely free to do anywhere, anytime.

Regular walking can help you lose body fat, maintain a healthy weight, improve your fitness and reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers, which is an important part of everyone's "Wellness program".

Use a pedometer to measure the number of steps you take. The recommended number of steps accumulated per day to achieve health benefits is 10,000 steps or more.

On-site health services are also provided at either reduced rates or fees rebatable through private health funds, such as massage, physiotherapy, podiatry.

Most of us at UniSA spend extended periods of time at a computer. It's a well known fact that how you use your computer can be a major cause of back, neck and shoulder pain. Here in the University community we have great access to a range of health professionals to keep you well.



For more information go to [School of Health Sciences Clinics](#)

Providing an employee assistance service offering free confidential help with personal, family and work related problems.

Davidson Trahaire Corpsych have been contracted by the University to assist employees with work and personal problems at no cost to you. If you wish to make an appointment to see a counsellor or require further information contact Davidson Trahaire on 1300 360 364 or <http://www.unisa.edu.au/ohsw/employeeassist/default.asp>

EAPdirect is a confidential on-line service that gives staff and their family's access to wellbeing information and services. EAPdirect offers a range of opportunities for you to improve your work life balance by providing access to:

- helpful and practical information about a range of personal and work issues that you may face throughout life
- self assessment tools designed to allow you the opportunity to gauge the status of your own personal wellbeing
- an on-line counselling service that is a confidential link between you and a counsellor.

Needing advice or support on other Health issues then please contact Smoking

Need help quitting, then call Quitline on 13 7848 or look at the [Quit SA](#) website

Diabetes

Obtain information from [Diabetes Health Centre](#) - QEH & Health Service or telephone 8222 6821

Drugs & Alcohol

Obtain information from Drug and Alcohol Services on 1300 130 1340 or visit their [website](#)

Gambling

Need help or advice for gambling problems then please contact Gambling Hotline on 1800 060 757 or visit the [Problem Gambling](#) website