

Ancillary Services

Bringing Medical and Physical therapies to your workplace

What are Full Spectrum's Ancillary Services?

Full Spectrum's Ancillary Services are a programme of medical services and physical therapies designed to improve workplace health and productivity. Full Spectrum's ancillary services help staff members manage their health, relieve and address physical and mental tension onsite to time effectively enhance their work performance.



We bring Medical Health Professionals to you and your workplace

Seeking medical or allied guidance is an often time consuming exercise for any given staff member, requiring time off work, not only for the appointment itself, but also for the travel time to and from the workplace. Often this is something avoided by the staff member with the ensuing pain or illness affecting, not only their productivity, but also that of the team as a whole. By bringing our highly qualified Medical and Allied Health Professionals to your workplace, Full Spectrum will facilitate a time effective, proactive level of care to your staff resulting in reduced absenteeism, improved productivity and a lift in staff morale.

Why Choose Full Spectrum's Ancillary Services?

Full Spectrum's Ancillary Services help your organisation:

- Reduce illness and pain related absenteeism and improve workplace productivity
- Improve employee morale through proactive pain and tension reduction
- Reduce stress levels with proven practical stress reducing exercise modalities
- Become an employer of choice by providing onsite personal health management opportunities to your staff

Our onsite Ancillary Services can also:

- Act as an added incentive and reward for employees
- Help attract and retain quality staff
- Build employee good will and a culture of health



Ancillary Services

Full Spectrum Corporate Health Solutions offers the following Ancillary Services

Medical services; Fluvax

In today's economic climate, the prevalence of influenza has a dramatic effect upon your bottom line. Given influenza is an air borne virus, spread by sneezing and coughing, the use of modern conveniences, such as air conditioning, greatly increases the risk and spread, the result being an increased number of staff exposed, and ill.

A Full Spectrum on-site mass FLUVAX delivers potentially significant savings in that we can aim to eradicate the presence of influenza in your entire workplace over a single day. "Influenza immunisation has been shown to decrease the frequency of upper respiratory illnesses by 25%, associated absenteeism by 43% and absenteeism due to all illnesses by 36%."

Medical services; Skin Cancer Checks

Two in three Australians will be diagnosed with Skin Cancer by the time they are 70 with Melanoma the third most common, yet one of the most easily preventable cancers in Australia. Regular Skin Cancer checks are vital, as the sooner a skin cancer is detected and treated the better the chance of avoiding surgery and potential disfigurement. Hosting Full Spectrum's dermatologist and skin cancer specialist on site will provide your staff with the opportunity to be screened in a private, confidential environment without leaving the workplace.

Physiotherapy and Osteopathy

Chronic pain is an unexpectedly common problem affecting the working population of Australia. Poorly managed pain reduces energy levels and mental focus, stresses emotional resilience and contributes to increased workplace absenteeism – all having a negative effect on workplace productivity.

Through accurate diagnosis and risk identification, Full Spectrum's on-site physiotherapists and osteopaths are equipped to prevent, manage and correct biomechanical dysfunction, relieving your staff of chronic pain and thus enhancing overall workplace morale and productivity.

Fitness

Regular physical activity is recognised as one of the most important keys to effective stress management, mental acuity and in the prevention of many illnesses. Yet, in the workplace, we are becoming increasingly inactive as more and more time is spent at our desks.

Bringing a Full Spectrum Onsite Exercise Schedule to your workplace is the most time effective way of ensuring your employees benefit from regular exercise. Exercising at work will help build stronger team relationships and reduce absenteeism with healthier, fitter employees better prepared to cope with a rapid paced work load.

Yoga and Pilates

Offered as an integral aspect of Full Spectrum's stress management module, Yoga and Pilates are mind-body practices that combine stretching and strengthening exercises, controlled breathing and relaxation. A number of studies have shown that Yoga and Pilates can help reduce stress and anxiety, improve balance, strength, flexibility and mobility. Yoga and Pilates also enhance mood and overall sense of well-being, improve concentration, lower blood pressure and improve heart function.

Full Spectrum Health Solutions

11A Gray St, Bondi Junction, NSW 2022 ■ Ph: 1300-767-426

Email: corporate@fullspectrumhealth.com.au Website: fullspectrumhealth.com.au