

A man with glasses and a brown jacket is smiling as he looks down at a bowl of fresh vegetables on a table. A woman with dark hair, wearing a white lace top, is also smiling and looking at the same bowl. She is holding a knife, suggesting they are preparing food together. The background is a bright, modern interior with large windows.

Health into EX

Karen Oldaker –

GM Wellbeing & Community

medibank *live better*

Better Health for Better Lives

Staying true to our purpose



We aim to play an active role in helping our customers take control of their health and wellbeing

Providing more support and choice

Prevent and
manage chronic conditions



Provide increased choice
over how and where healthcare
is delivered



Support customer to
understand and take
control of their health



1 in 2 Australians live with a chronic condition

We help you prioritise your health and wellbeing so you can live a better, healthier life and support friends, family, and the community, to do so too.

Intent

- As a healthcare company, we're committed to helping every Australian enjoy better health for a better life. This includes our customers, employees and the community.
- Employees understanding their own health and wellbeing leads to deeper empathy and a better understanding of the health needs of our customers

Mindset

- Medibank cares deeply about my health and wellbeing and provides me with the access, support and right environment to live my best life.
- I am recognised for prioritising my H&W and making choices that help me feel good and live better.
- I'm proud to work for a true healthcare company and inspired to support my colleagues, friends and family to live healthier and better.

Capability

- Human Centred
- Adaptable
- Future Orientation

What our employees will be saying...

'Medibank **cares deeply** about my health and wellbeing. Medibank provides access, support & the right environment for me to thrive'

'I put my health and wellbeing first and make choices that help me feel good and live better'

'I'm proud to work for a healthcare company and am inspired to support family, friends and the community to live healthier and better'

Employee Health Management

Health & wellbeing at Medibank is about placing our employees health at the centre.

We offer a range of options to meet different physical, emotional and mental health needs.

This includes subsidised private health insurance and free salary continuance and life insurance, as key aspects to the employee health experience with access to care and support, choice and ultimately better outcomes for our employees whole of health.



Bringing the Narrative to Life

Feel-good, your way.

We know health and wellbeing isn't one size fits all. It doesn't start and stop when you're at work.

Here at Medibank, you can pick the health mix you want to feel good and live better – in the way that works for you.

It's your feel-good, your way.

Gemma Saunders


Mum to Frankie the greyhound and Pablo the spoodle

Visit Yammer to hear how Gemma picks the health mix to get her feel-good, her way.



Search #healthhack



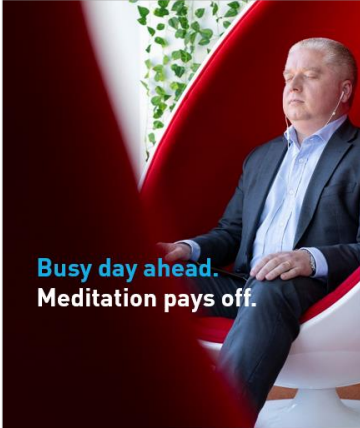
**Unmotivated. Joins run club.
Energised. Smashing goals.**





Live better. Earn points.
Download the Medibank Live Better app today.

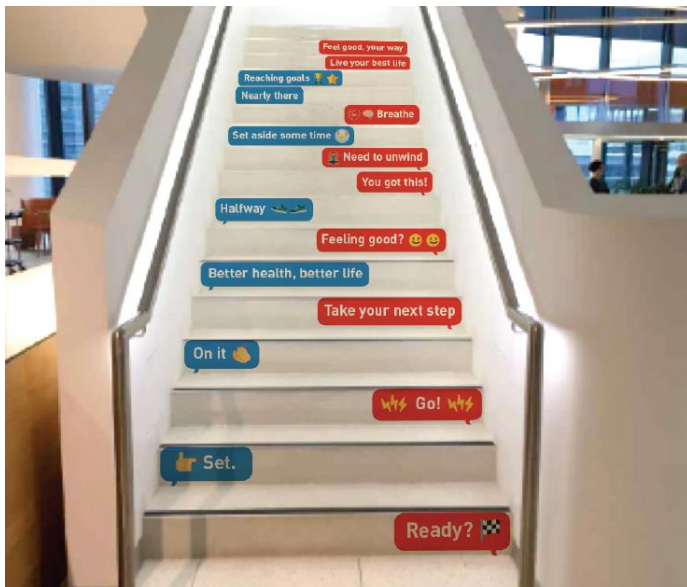
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**Busy day ahead.
Meditation pays off.**



Live better. Earn points.
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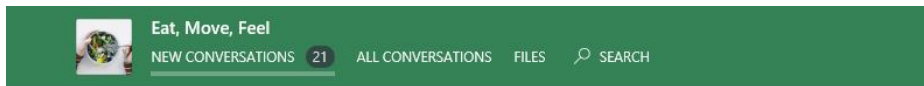
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Bringing it to life: #HealthHack

- **#Healthhack** – for us by us – will shine a light on our health and wellbeing and celebrate the variety of ways we prioritise feeling good, in our own way
- Launched with CEO Craig Drummond on 31 Jan.



Mike Boyd Follow – Tuesday at 11:25 PM from iPhone
Getting our "feels" good on today at our P&C Offsite sharing stories about things we appreciate and enjoy most in life! #feelgood #healthhack #eatmovefeel Alison Nathan Melissa Barnes
cc: Alison Nathan and Melissa Barnes



LIKE REPLY SHARE ...

o Eat, Move, Feel

Marissa Dunell – February 3 at 11:53 AM from iPhone – Edited
My #healthhack is to get your kids involved in your #feelgood. Two of my kids joined me on their bikes while I ran this morning, and I managed to get a massage from them after we got home! Running with them isn't always practical but taking them when I can helps them understand what I'm doing and why I'm doing it when I'm training for a big race #mumruns



UNLIKE REPLY SHARE ...

o Eat, Move, Feel

My #healthhack? Make a pact with a colleague to do something you may have been avoiding, but it has now come to you, is free, has great flexibility in terms of location and opening times and could save your life! #breastscree docklands #pinkbus



Now let's just imagine



<https://youtu.be/b51RMXZRm3E>