

GET IN TOUCH NOW

We understand the importance of open communication and value the opportunity to connect with you. Call us for an obligation Free Quote.

Phone : 021 08981803

Website : communityhealthnz.org



Community Health NZ

“
We will enhance the health and wellbeing of Drivers by improving their Body Wellness Index (BWI) over an 18-week period, using Evolt360 biometric scans and MyZone activity tracking, supported by Community Health NZ's complete wrap-around support program.”



TE NGAHURU TAITUHA
Acting Chief Executive - CHNZ



Community Health NZ

**Built for the people
driving our industries forward.**



VEHICLE OPERATOR WELLNESS PROGRAM PLAN & EVALUATION

WEEK 1-6 INDUCTION & BASELINES



WEEK 6-12 ACTIVITY & MONITORING

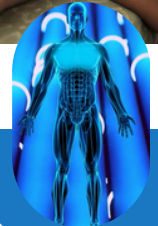


WEEK 12-18 DATA REPORTING & EVALUATION



Staff receive MyZone Heart Rate Monitors to track physical activity during work and leisure. MyZone connects them to the CHNZ Health & Fitness Community, where they can share achievements, join challenges, and gain encouragement from peers and experts.

Drivers work with a Community Health NZ Facilitator to set achievable, personalized goals (e.g., improve BWI by 5%, increase hydration, or build muscle), tailored to their age and role.



Improved Health & Wellness

The Evolt360 scans provide actionable insights, for Drivers to enhance their physical wellbeing—crucial for an Elder cohort prone to fatigue and age-related health risks. Measure biometrics (muscle mass, fat percentage, hydration, BWI).

Enhanced Driver Safety

Healthier Drivers with higher BWI scores may experience reduced fatigue and better focus, potentially lowering the risk of workplace incidents.

Driver Morale & Motivation

Seeing measurable BWI improvements after 18 weeks boosts morale and confidence, reinforcing a sense of care from their Employer.

On-demand Data Reporting

Staff complete a final Evolt360 scan to measure progress against their baseline. Individual results are shared privately with each participant.

Data Insights for Productivity Gains

The final report provides management with analytics (e.g., average BWI increase, participation levels) to quantify ROI and inform future wellness investments. Improved staff health can lead to fewer sick days, better energy levels, and sustained performance, especially for an aging workforce.

Reputation & Retention

Demonstrating commitment to Driver wellbeing strengthens reputation as a supportive Employer, aiding retention in a competitive Labor Market.