



# Media Release

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For Release: 26 May 2005

## ANZ launches free health checks for staff

ANZ today announced the launch of My Health a new program that assists employees in maintaining their health and wellbeing through free health checks and comprehensive health information.

The My Health program gives employees access to:

- a free, confidential and comprehensive health and lifestyle check-up for all staff every 18 months.
- My Health Online, a free interactive, online health information service. It includes a medical encyclopaedia; information on nutrition, fitness and family health; a secure place to store medical records and a tool to measure physical and psychological health and assess the impact of health on productivity.

ANZ Head of People Capital Mr Shane Freeman said My Health was a further step in developing an environment where staff are highly engaged and valued for their work, and also encouraged to achieve the right balance between work and home life.

"We believe that assisting our people to think about their physical health, fitness and vitality can create a foundation from which they can draw energy at work and also in their personal life with family and friends," Mr Freeman said.

My Health follows the introduction of other family friendly initiatives by ANZ to help create a more balanced environment for staff including:

- doubling paid maternity leave to 12 weeks which is available to all staff without a qualifying service period
- priority access to childcare places with salary sacrificing available for childcare payments
- flexible work practices such as job sharing, telecommuting and flexible hours
- part-time work eligibility for full-time employees who are pregnant or caring for a child under the age of five.

"The results of these initiatives are showing through. Staff satisfaction is already high at 85% and staff engagement is ahead of all major Australian companies similarly surveyed and ahead of other major banks," Mr Freeman said.

My Health will be available to Australian staff from June, and in New Zealand and other locations for all staff later this year.

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