

The CSIRO Total Wellbeing Diet, a solution for your workplace.

We understand the challenges faced by Human Resources, Benefits, Wellbeing, and Health and Safety teams when it comes to considering what programs will deliver the best return on your health and wellbeing investment.

At Digital Wellness, we are passionate about changing people's lives by making a positive impact on their health. For the past 10 years Digital Wellness has collaborated with the CSIRO to launch Australia's No.1 rated online weight loss program*, the CSIRO Total Wellbeing Diet. Bringing individuals, health funds and corporate clients a robust and outcome focused health program.

Workplaces love our approach to delivery. To suit a range of budgets we work together to make sure the right people, are in the right program, at the right time.



A suite of services

No matter the occupation, the health of every worker will sit somewhere on a spectrum from thriving to diseased. Your company and program goals will help determine the group you want to target and the results you want to measure.

Our suite of services focused on prevention, risk reduction and early intervention can help deliver a healthy, happy and engaged workforce.

The Spectrum of Health

We all sit somewhere on the spectrum of health



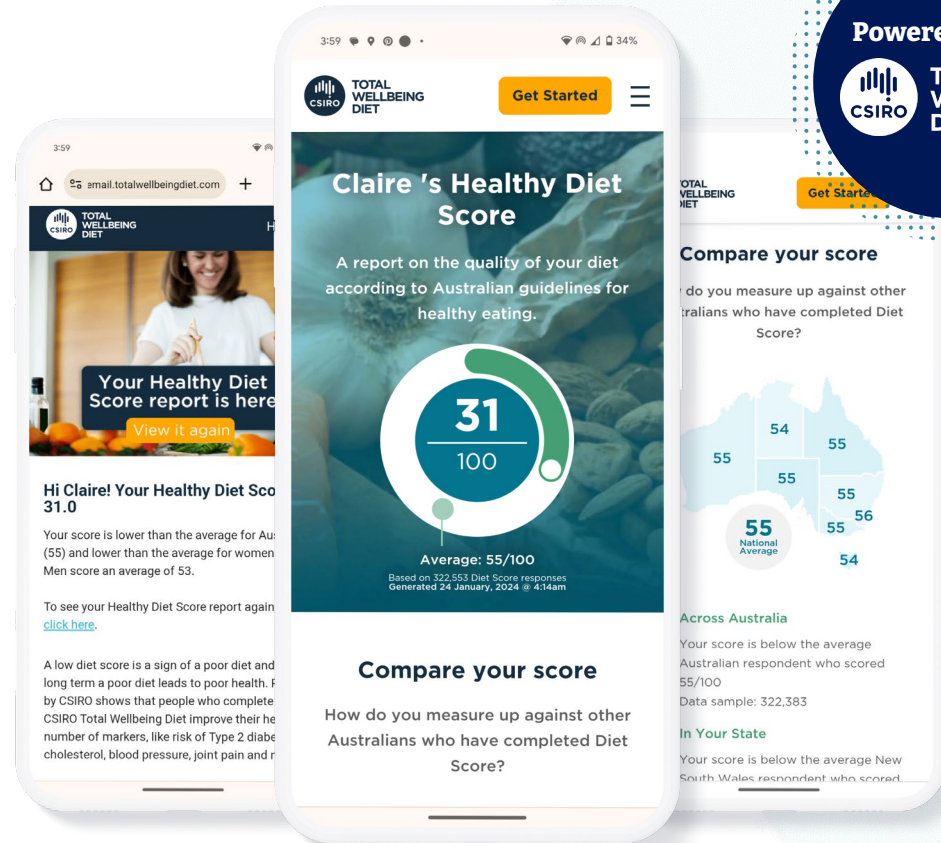
Transform your workplace into a hub of wellness & productivity!

If you would like to know more about the CSIRO Total Wellbeing Diet programs or to obtain a pricing quote please complete the [online form](#) or [email us on packages@totalwellbeingdiet.com](mailto:packages@totalwellbeingdiet.com) and one of our team will be in touch.

Your journey towards a thriving workplace starts here – [enquire here now!](#)

CSIRO Healthy Diet Score

Over 320,000 Australians have completed the CSIRO Healthy Diet Score. Based on the Australian dietary guidelines, this quick and appealing survey provides great insight into eating habits and diet quality for both the employer and employee.



Benefits

Employer

- Easy, high-quality & equal opportunity for the entire workforce.
- Workforce report to gain insights to help instil change & impact.
- Have a higher impact on those that require additional support.
- Benefit from brand recognition & receive a customised landing page.
- Start building a healthier workforce by encouraging self-awareness.

Employee

- Convenient, and accessible. Anytime, anywhere.
- Personalised score & report with comparison to other Australians.
- Show real employee value by supporting those who need it.
- Builds a sense of community and team belonging.
- Self-awareness to identify areas for improvement and change.

How it works



- Quick & easy**
10 minutes to complete.
- Visually appealing**
Easy click answers, progress bar along the top.
- Personalised report**
Employee receives their score, a comparison to Australians & suggestions for improvement.
- Cohort reporting**
For your demographics, scores and other insights on your employees.

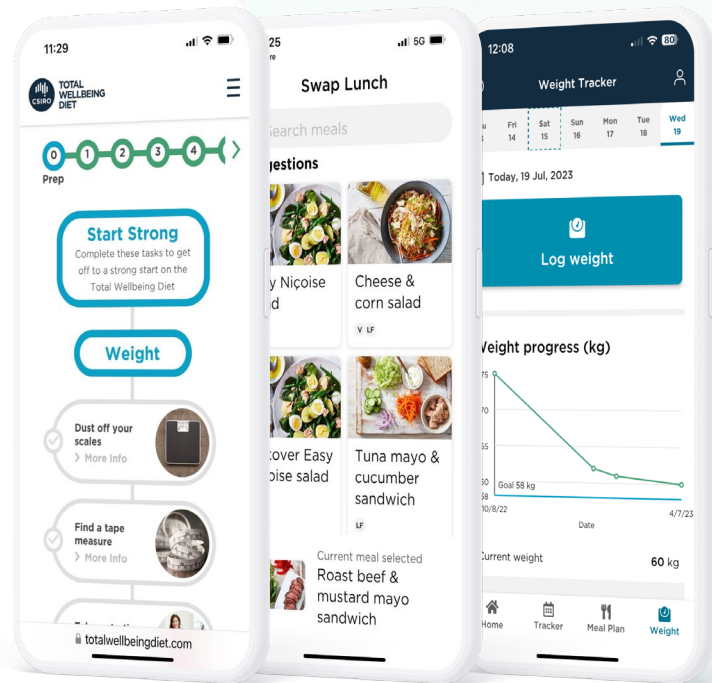
Creating health awareness across your workforce

To understand more about the CSIRO Healthy Diet Score, how easy it is to rollout out and how it can help target your at-risk employees please get in touch.

[Enter your details to receive more information and pricing – enquire here now!](#)

The CSIRO Total Wellbeing Diet, a solution for your workplace.

The scientifically formulated CSIRO Total Wellbeing Diet is Australia's No. 1 rated diet and most researched weight management program. The diet focuses on high protein, low-Glycemic Index (GI) food choices that have been associated with greater fat loss and sustained weight loss.



5 star rated online program

and rated the No.1 diet*.



Leading participation rate

with a program retention rate above 52%.



4.8 HCP star rating

from our members on their online support sessions.



95% program satisfaction rating

overall rating of the 12 Week Online Program.

Sustainable Health

An online program scientifically designed to improve eating and exercise habits. It delivers significant improvements to members' health and wellbeing through its suite of online tools, with an average weight loss of 7.2%[^]

Program options

	4 Week Health Boost	12 Week Program	24 Week Program
Website and App access	✓	✓	✓
Various Menu Plans with recipes	✓	✓	✓
At home exercise plan	✓	✓	✓
Online tracking (habits + outcomes)	✓	✓	✓
Positive psychology Tools	✓	✓	✓
Health Coaching Sessions	Optional Extra	Optional Extra	Optional Extra
Summary Report (minimum 50 participants)	✓	✓	✓
Comprehensive Report (if requested)	NA	NA	Additional cost
Marketing Materials	PDF Poster, EDM, TWD landing page	PDF Poster, EDM, TWD landing page	PDF Poster, EDM, TWD landing page

Allow your employees to access one of Australia's most trusted health programs

Contact us today to explore tailored programs that cater to your company's needs and budget.

[To obtain information and pricing for our programs – enquire here now!](#)