

Workplace Health & Wellbeing

We provide integrated healthcare services, supporting New Zealanders to live happier healthier lives.

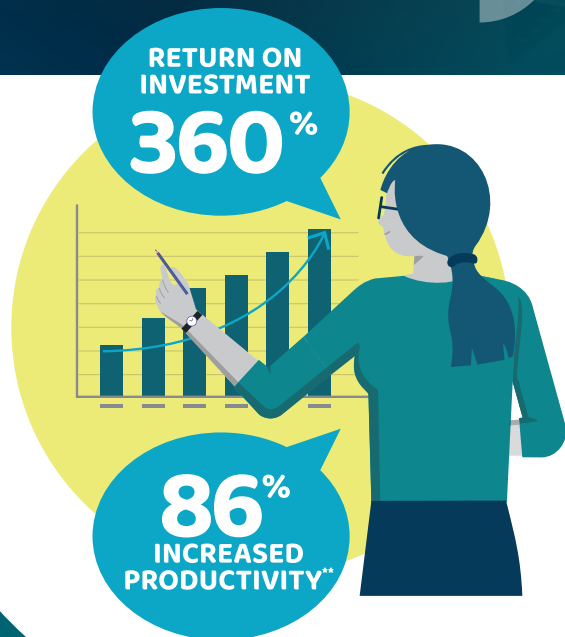
The Habit Health network began in 2003 as a health, fitness and rehabilitation centre. Today we employ over 800 staff in over 100 locations across New Zealand. We are a trusted provider of healthcare services, supporting businesses and organisations to look after their people.



Turn overleaf to view our exclusive promos.

Investing in your people

Keeping your team healthy and happy is good for business. It is estimated that businesses who engage in wellbeing services see a 360% return on investment*. Staff that are valued are more productive at work, less likely to need time off and are generally much happier in all aspects of their lives. Research suggests that use of wellbeing strategies increases work productivity by up to 86%** A healthy team results in less time being spent on HR issues or being reactive to situations.



Our multi-disciplinary team can support your physical and mental health at work or at home.

Physical Health

- Physiotherapy
- Rehabilitation Services
- Return and Stay at Work Programmes
- Physical Capacity Assessments
- Pain Clinics
- Headache Clinics

Support & Advice

- EAP Services
- Careers Advice
- Financial & Legal Advice
- Education Sessions & Seminars
- Onsite Trauma Support
- Professional Supervision
- Fit for Work

Workplace Health

- Pre-Employment Health Assessments
- Health Monitoring
- Workplace Assessments
- Drug and Alcohol Testing
- Early Intervention Programme
- Respiratory Fit Testing

- Vaccinations
- Biological Monitoring
- Nurse Clinics

Experiencing pain or discomfort?

Pay nothing on your first visit and get 15% off follow-up physio appointments that qualify for ACC.

Exclusive for Chamber of Commerce members. Use promo code when booking: **chamber23**

T&Cs apply.



Book now at book.habit.health or scan the QR code.



We're ready to help

Our dedicated team of counsellors are here to support you and your whānau's health journey.

Pay nothing on your initial setup cost when you register your company at EAP Services.

T&Cs apply. No establishment cost. Annual fee still apply.



Email us at newcustomers@eapservicesco.nz or call us on 0800 327 669.



Contact us at workplace@habit.health today!

Support for all your occupational health and wellbeing needs throughout Aotearoa.

Complimentary fatigue assessment:

This includes a validated assessment format to check the fatigue levels of your staff members. This is free of charge as part of any health monitoring programmes that include either hearing, lung and vision assessment or hearing, lung and CVA assessment

Discounted flu vaccinations for your team

5% discount on flu vaccinations.

T&Cs apply.

Promos end on the 31st May 2025.

Habit Health Nelson

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Nelson 7010
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Habit Health Stoke

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Stoke, Nelson 7011
03 547 2814

EAP Nelson

15 Bridge Street
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0800 327 669