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HEADLINE: Medtech firm on a mission to improve Australian workplace health one breath at a time

Queensland, Australia – Fast-scaling medtech provider [Health Stack](#) is on a mission this March unveiling a new initiative to improve Australian workplace health ‘one breath a time.’

This initiative will see Health Stack use its platform to deliver targeted breathwork sessions across every workday during the month of March to showcase the benefits of ‘taking a proper breather,’ can have on employee wellbeing.

This is all par for the course for the healthcare provider that is seeking to redefine workplace health and safety, with its groundbreaking combination of preventative care, injury management and holistic approach to workplace ‘wellness.’

For Health Stack founder and Managing Director James Fletcher, this initiative is focusing on one element of both mental and physical wellbeing, as part of its broader focus on empowering employers to reduce workplace ill-health and injury

“Health Stack as a platform represents a paradigm shift in the understanding of health issues in that we address physical problems at their root, rather than just the symptom,” said Mr Fletcher.

“Our March initiative is an example of this approach where we deliver a series of coaching sessions to our clients across the country, so they can unlock the scientifically backed mental and physical benefits of breathwork. This initiative showcases our early intervention strategies via on-site physiotherapy, health-journey mapping, mental health, training, and monthly health campaigns – all designed to reduce injury and improve life quality.”

Founded in 2020 during COVID by leading physiotherapist James Fletcher to facilitate digital care when in-person visits were limited, it utilises a hybrid model combining tailored technology solutions and qualified health professionals to deliver its workplace health programs.

These programs focus on providing to clients a comprehensive approach to health management focusing on nutrition, physical activity, and mental wellness support for employees; with the driving goal of reducing workplace injury and the cost to the business incurred by ill-health.

Since its founding in 2020 Health Stack has rapidly built its reputation through its holistic approach to reducing workplace injury and ill-health for the manufacturing, construction, hospitality, transport, and logistics sectors.

It is delivered through a subscription model that is delivered via a hybrid digital and in-person approach, providing access to highly-skilled medical professionals.

They liaise with their clients via the platform that allows them to deliver proactive advice while at the same time be called upon to address an onsite injury via video consultation for almost instant diagnosis - reducing the potential for further harm.

With close to 40 clients it has achieved unique positioning in the Australian market by providing mental health support and integrating pain neuro and rehabilitation science alongside their physiotherapy offering to improve overall wellbeing among employees.

It is a disruptor in the medical sector as its offering incentivises quick recovery and injury prevention compared to the traditional 'fee-for-service' approach from healthcare companies.

According to Mr Fletcher, the genesis of Health Stack occurred when he was working with Cirque de Soleil in Japan when the Fukushima disaster occurred.

"I was working as a physiotherapist and was based in Japan in the aftermath of the Fukushima disaster when I witnessed first hand the correlation between stress levels and injury rates among performers," Mr Fletcher said.

"This learning has stayed with me while I built my first company and part of my drive to establish Health Stack is that it allowed me to apply my philosophies around health and wellness at scale. This approach is proven to enhance resilience, save companies money on insurance costs by reducing injury and recovery times, while just as importantly creating a supportive culture through our targeted communications and client interaction."

To learn more, visit healthstack.com

About Health Stack

Founded in 2020, Health Stack is the subsidiary of Safe & Healthy, which has been operating in the corporate health sector since 2013. Our flexible online and hybrid model goes beyond onsite care, delivering real solutions that actually work. We achieve this through our cutting edge platform and our team of healthcare leaders, not just physiotherapists, but nutritionists, psychologists and doctors who tackle the full picture of employee health.

Trained in the cutting edge LOAD IT rehabilitation model, we don't just treat injuries - we empower recovery and prevent future risks.

With locations throughout Australia and New Zealand we can reach even the most remote areas. Our health professionals online platforms deliver high quality care with minimal disruption, ensuring your team gets the support they need without leaving the premises.

Forget the old way. Experience workplace health redefined.

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