

MEDIA RELEASE
FOR IMMEDIATE DISTRIBUTION

Tuesday 5th August 2025

HEADLINE: Leading MedTech firm Health Stack is improving workplace health one breath at a time

Queensland, Australia – Fast-growing MedTech Health Stack, is launching a new offering to improve workplace health for Australian businesses with its new 'breathwork' program.

These clinician-led digital programs are designed to act as the cornerstone for preventative care initiatives for businesses seeking to reduce instances of work-related illness or injury among employees, achieving up to a \$50,000 saving for its clients.

Health Stack achieves this through its breathwork programs by empowering employees to understand the correct breathing techniques to assist in stress management, which in turn provides positive mental and physical health outcomes.

Health Stack founder and leading physiotherapist James Fletcher is passionate about reducing the potential for both mental and physical health issues among employees.

"Stress is a major factor and cause of both mental and physical injury due to the role it plays in negatively impacting our immune system and overall wellbeing," said Mr Fletcher.

"Our breathwork program is the latest evidence-led offering from Health Stack, based on the research that shows the role structured breathing plays in reducing stress and producing high-performance among athletes. We work with businesses to help train employees around the use of the correct breathing techniques to manage key stress triggers in their work environment – with the goal being to improve overall workplace health and wellbeing."

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

Since its founding, 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.

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.

For James Fletcher his goal is to empower employers to reduce ill-health and workplace injury by focusing on addressing the root causes.

“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 approach is driven by focusing on 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. This care philosophy forms our ‘forcefield’ approach to improving physical and mental health in that we approach injury prevention and recovery from the perspective of treating the body and mind as an interconnected system, rather than just deal with the injury or ailment in isolation.”

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. Its founder James Fletcher is a former rugby player, physiotherapist and exercise physiologist who specialises in breathing techniques to support performance, recovery and health. He has worked with many athletes from the Australian Institute of Sports, Cirque du Soleil and Olympians.

His core focus is on the ‘forcefield’ approach to workplace injury and ill-health prevention; this philosophy focuses on treating the body as an interconnected system. It seeks to showcase the links inputs like stress or bad sleep plays in an output like a lower-back injury and treat the issues holistically through its programs focusing on exercises, nutrition and managing stressors.

Its flexible online and hybrid model goes beyond onsite care, delivering real solutions that actually work. We achieve this through our cutting-edge platform and team of healthcare



healthstack.com.au

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.

For all media enquiries, images, or interviews, please contact James Fletcher **e**

james@healthstack.com.au **m** 0451 709 097

ENDS