

**MEDIA ALERT**  
**FOR IMMEDIATE DISTRIBUTION**

Tuesday 7th October 2025

**HEADLINE:** Leading MedTech firm Health Stack on a mission to find out how healthy Australian workplaces actually are

**Queensland, Australia** – Fast-growing MedTech Health Stack, is launching a new national survey to find out how healthy Australian workplaces are in 2025.

This survey dubbed, '[State of Australian Workplace Wellness](#),' is seeking to uncover employee and employer attitudes to physical and mental health in businesses across the country.

Its goal is to uncover fact from fiction in terms of gaining an understanding of how much businesses are investing into workplace wellness and injury programs, what works, what doesn't and how we can make them better.

Health Stack founder and leading physiotherapist James Fletcher is launching the survey following input from business leaders and employees alike around the efficacy of many health and safety programs.

"Over the past 24-months we've heard feedback from some of the leading business figures in the country and employees alike questioning the 'business-as-usual' approach around health and safety," said Mr Fletcher.

"Our goal with the survey is to uncover where things sit in Australian workplaces in 2025, in terms of the role employers should play in preventing both mental and physical health issues. We want to understand what the hurdles are to adoption, key education barriers and also showcase that investing in employee health pays off both for staff and business owners alike."

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, it 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 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.

This platform provides 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.

It provides a clear return on investment via it saving up to \$50,000 for its clients, that represents the average workplace injury claim

This is achieved via its targeted preventative and rehabilitative programs that address chronic conditions.

To take the survey and have your voice heard [click here](#)

To learn more, visit [healthstack.com](https://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 leaders, not just physiotherapists, but nutritionists, psychologists and doctors who tackle the full picture of employee health.



healthstack.com.au

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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