



Media Release



## **Global Corporate Challenge Launched at Bethesda Hospital**

Monday 20 May 2013

Bethesda Hospital will be taking part in the Global Corporate Challenge (GCC), hosting eleven teams of seven in the global workplace health and wellness program, thanks to the generosity of Credent Financial Services. The hospital will be holding their launch function at 10am on 22 May with all of their participants.

In May each year, teams of seven from companies all over the world start the GCC 16-week program from 23 May 2013. Each employee taking part receives two GCC Pulses - a 3D accelerometer that uses the same motion sensing technology found in smartphones to accurately track their daily activity. Employees record their daily activity levels via the GCC website or mobile apps, and the more active they are, the more instant rewards they receive.

Participants also have 12-month access to the GCC website and additional initiatives such as GCC nutrition assessments and advice, individual challenges, walking route mapping, 'meeting on the move' planner and energy management.

This is the first time that the Claremont based hospital has taken part in the GCC, which is now in its 10<sup>th</sup> year. Credent Financial Services have agreed to fund the 77 registrations to enable the Bethesda staff to participate in this event.

Melody Miles, Occupational Safety & Health Manager at Bethesda Hospital said that 'to have 77 staff sign up for this event is impressive, seeing as though the hospital employs a total of just over 300 staff. This initiative is the first of many health and wellness initiatives that the hospital has planned for our staff'.

'We want to work together with all of our employees to ensure that they are as fit and healthy as possible'.

Bethesda is also collaborating with Body Logic Physiotherapy, who are on site at the hospital, to provide staff with discounted physiotherapy treatment and Pilates sessions, as well as education on body awareness, back pain prevention and work station assessments.

Bethesda is an independent 88-bed hospital in Claremont, which has been providing outstanding care and service to the Western Australian community for nearly 70 years.

[www.bethesda.asn.au](http://www.bethesda.asn.au)

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