



What is the difference between iWorkhealth Plus and iWorkHealth?

1. Organisational questionnaire only in iWorkhealth Plus
2. Individual questionnaire covers 84 items vs 35 items, allowing for finer analysis within each psychosocial scale.
3. In-depth analysis with regression models to identify relative impacts of job stressors and strains.
4. Physical comprehensive report with presentation vs on-line standard self-explanatory report.
5. Focus on critical job stressors and strains so as to recommend and structure specific intervention programmes.
6. Personnel from CGH are available to help plan and guide intervention programmes.

Available Grants

1. WoW! Fund
The WoW! Fund is administered by MOM and it is based on co-funding of 70% by the government. More information is available at www.greatworkplace.com.sg or e-mail: mom_worklife@mom.gov.sg.
2. Workplace Health Promotion (WHP) Grant
HPB will fund iWorkHealth up to a maximum of 20% of the total approved WHP Grant. More information is available at www.hpb.gov.sg or email: HPB_Health_At_Work@hpb.gov.sg.

Enquiries and registration

For more information, please go to www.iworkhealth.com.sg.

For enquiries and registration, please contact Ms Emily Lim, Business

Development Department at DID: 6850 2931 or email: emily_lim@cgh.com.sg



Changi
General Hospital
SingHealth

2 Simei Street 3 Singapore 529889
Tel: 6788 8833 Fax: 6788 0933
www.cgh.com.sg



iWorkHealth



Changi
General Hospital
SingHealth



iWorkHealth Corporate Assessment Tool

In a fast-paced, dynamic business world, stress is a constant feature in Singaporeans who spend up to 80% of their waking hours at work. Studies and national surveys have shown that poor management of job stress leads to health problems among employees, affects productivity, morale and ultimately an organisation's bottom line. But before rushing to implement workplace health programmes, it is important to assess the stress levels, general health of the employees and their perception of their work environment in order to identify the gaps that need to be addressed.

Changi General Hospital together with Ministry of Manpower (MOM), SATA, Civil Service College (CSC) and Health Promotion Board (HPB) have developed the iWorkHealth Corporate Assessment Tool which comprises of two versions; iWorkHealth and iWorkHealth Plus. This is a validated questionnaire¹ for assessing how critical job-related and family/social characteristics affect an employee's psychosocial health and then identifies areas for concern and recommends effective interventions that can be put in place. Annual assessments using this tool would enable the company to evaluate the impact of various intervention programmes that have been implemented on their employees health and perception of their work environment.

The iWorkHealth Corporate Assessment Tool is recommended to managers who are responsible for directing and implementing appropriately targeted corporate wellness programmes and maximising the impact of such programmes.



iWorkHealth

iWorkhealth is a basic online assessment tool (35 questions) and is targeted at smaller companies who are initiating workplace health programmes. Standard individual employee report (stress levels and coping styles) and the company report (management scores & comparison with industry standard) will be generated online once all the employees have completed the online questionnaire. Additional reports can be generated at additional cost.

Charges for iWorkHealth

Singapore Company	Number of Employees		
	< 50	51 to 100	> 100
Charge per employee	\$5.00	\$4.00	\$3.00
Professional fee per registration	\$100		
Fee per additional report	\$100		

* Prices include prevailing GST.

¹ Questionnaire items were drawn from existing established survey scales such as the Work Environment Scale OS99-1213, Job Diagnostic Survey, Facet-specific Job Satisfaction, Stress Profile by Western Psychological Services, Bortner Type A Scale, General Health Questionnaire, Professional Life Stress Scale, and the General Health Questionnaire



iWorkhealth Plus

iWorkHealth Plus is a comprehensive version of the iWorkHealth Corporate Assessment Tool. It comprises of two parts: individual employee questionnaire (84 items) and an organization questionnaire (40 items). The iWorkHealth Plus not only assesses the individual employee's psychosocial health, it also indicates the critical job stressors and strains that contribute to the state of psychosocial health among the employees, and then identifies and recommends effective interventions that can be put in place. Hence iWorkhealth Plus provides a corporate wellness profile highlighting significant key relationships between various aspects of the work environment and achieving work life balance for employees. It is recommended for use by medium to large sized companies who are keen to assess their employees' psychosocial health, implement relevant workplace health programmes and monitor the company's corporate wellness.

Charges for iWorkHealth Plus

\$6850 (including 1 corporate report, and 1 presentation)

\$550 (Additional presentation by iWorkHealth consultant)

\$1050 (Additional report)

* Prices include prevailing GST.