

H

OW HEALTHY ARE YOU?

What would happen if you got sick and could no longer work? How would your family cope without you?

The major health problems currently affecting PNG according to the World Health Organisation are communicable diseases, with malaria, tuberculosis, diarrhoeal diseases, and acute respiratory disease the major causes of serious illness and death.

Ok Tedi's Employee Health and Wellness Program has been designed to help you:

- Assess your own health
- Access professional help when needed
- Make healthy choices that can lead to better health for life.

Think of life-long health as a journey.

Figure out where you are now (do a health assessment) and where you want to be for the rest of your life (healthy, happy, spending time with family and friends, living a long life).

Step 1: Get a map (The Health for Life Book)

Step 2: Make sure your vehicle (your body) is tuned up and ready to go.

- Visit a professional (Doctor, Nurse, etc.).
- Fuel your vehicle (with the right food, no drugs or alcohol).
- Keep it running smoothly (with physical activity, sleep and relaxation).

Step 3: Choose the best route.

- Every person is different. Your journey will not be the same as anyone else's, although you might go to some of the same places and do some of the same things.

Step 4: Enjoy the trip.

- It's not about racing to get somewhere.

- It's about making healthy choices and changes that you can live with for the rest of your life.

WHAT ARE THE RISKS

The following are some of the major health hazards facing OTML workers:

- Fatigue/Mental Health
- Malaria
- Tuberculosis (TB)
- Acute respiratory disease (Covid 19, Flu, Pneumonia, etc.)
- Diarrhoeal diseases (spread by poor hygiene)
- HIV/AIDS
- Hepatitis B virus infection
- Eye Health
- Lifestyle Illnesses such as:
 - ✓ High blood pressure
 - ✓ Coronary artery disease
 - ✓ Diabetes
 - ✓ Cancers
 - ✓ Obesity
 - ✓ Alcohol and drugs, including smoking and betel nut

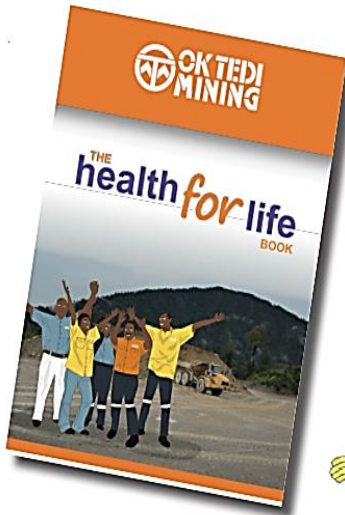
NOTE: Research suggests that alcohol is linked to half the cases of violence in PNG.

NOTE: The PMG Medical Society that chewing Betel nut kills over 2000 people in PNG each year.



The Health for Life Book and other Fit for Work Health Resources are available on the OTML Intranet

REMEMBER

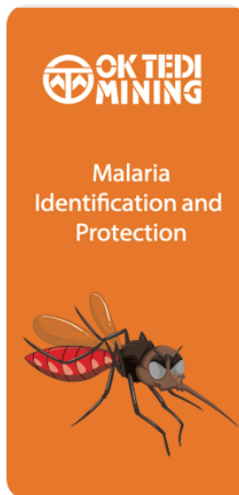
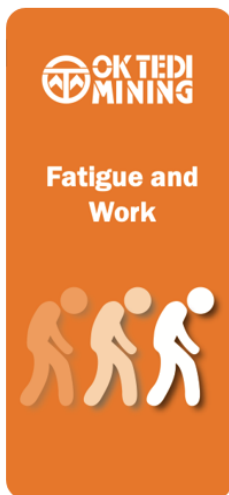


**Life is Important
and lived only once.**

*Your Health is
in your hand.*



- ✓ **EAT WELL**
- ✓ **MOVE MORE**
- ✓ **QUIT DRUGS** (Including betel nut, alcohol and Smoking).
- ✓ **BE HAPPY**



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