



ESSENTIO

HEALTH **SIMPLIFIED**



Health Simplified

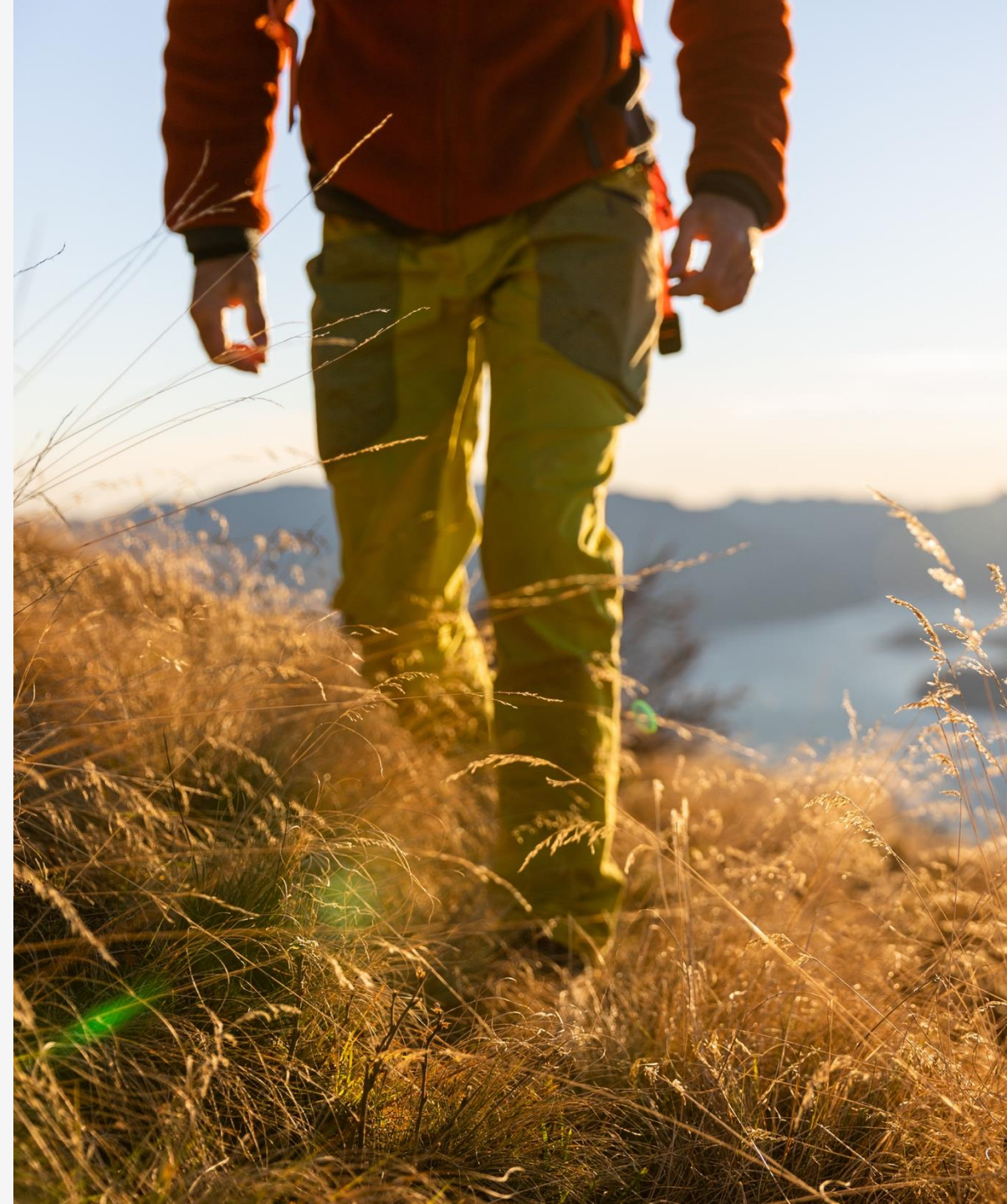
The traditional executive health check is ineffective*.

Annual "once overs" with generic recommendations don't work for busy leaders.

At Essentio Health, we focus on the essentials. Combining age-old wisdom with modern tech we offer a unique approach that delivers accuracy and true personalisation.

With this, we simplify complex health concepts into easy to understand, actionable insights, empowering leaders to make meaningful changes.

* <https://www.hrmagazine.co.uk/content/features/why-executive-health-screening-needs-a-check-up/>





Good health is good business

3x

Shareholder return

Top quartile of McKinsey's Organizational Health Index deliver far greater shareholder return. ²

18%

Increase in EBITA

Organisations that improved their organisational health saw significant increase in earnings. ³

12%

Improved profit

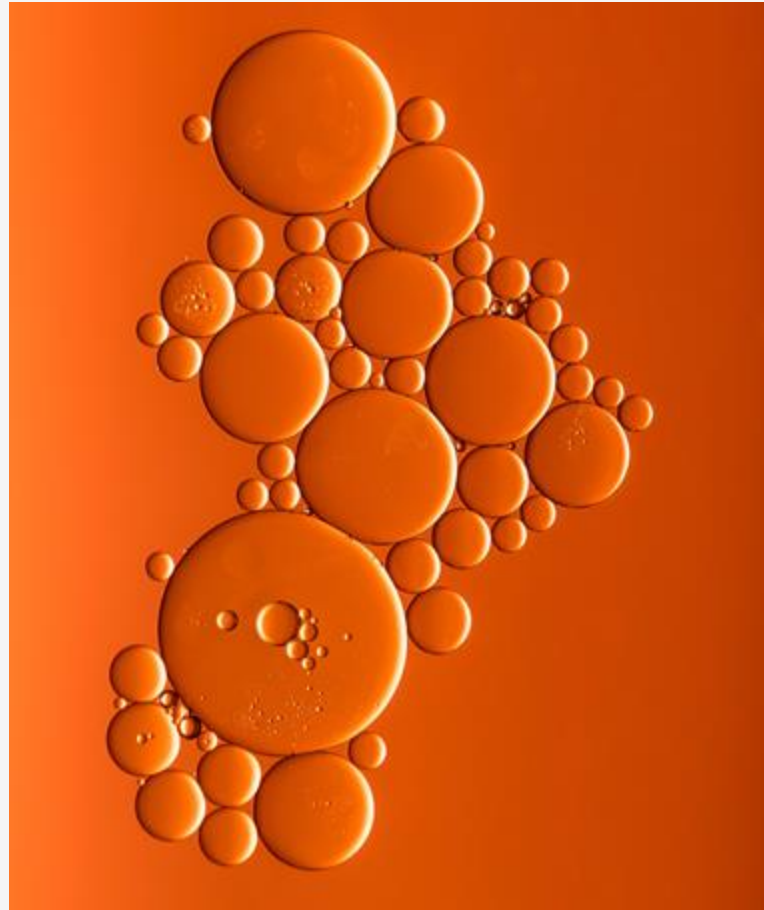
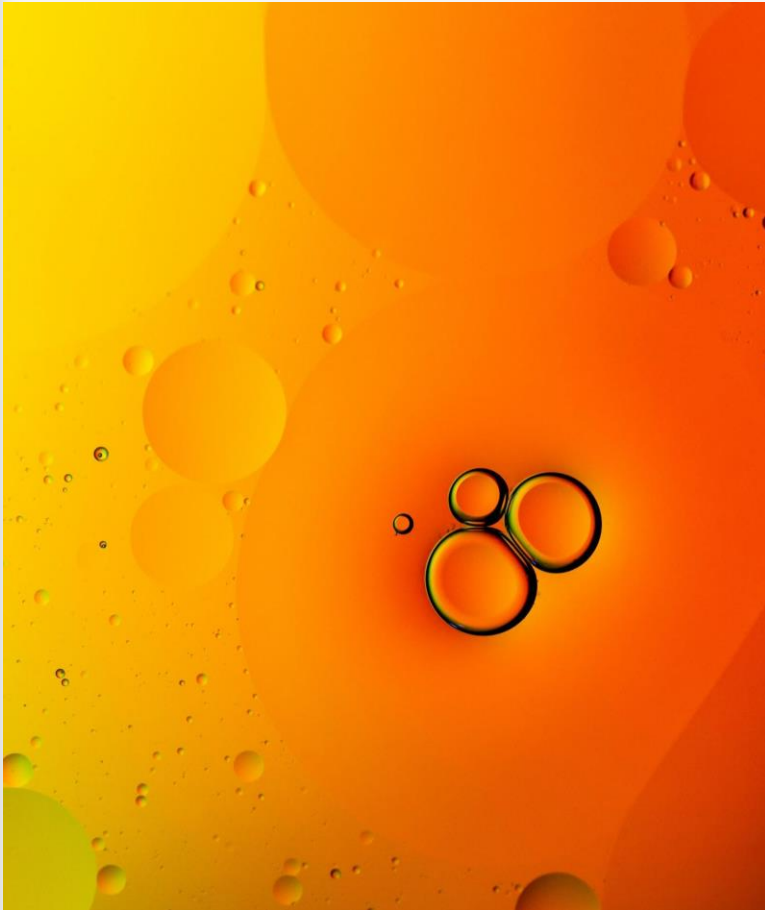
Leadership teams with high levels of wellbeing saw increased profit levels. ⁴

66% of Australian workers experienced symptoms of burnout in 2024¹

1. <https://employmenthero.com/wp-content/uploads/2024/07/Wellness-at-Work-Report-2024-Australia.pdf>
2. <https://www.mckinsey.com/capabilities/people-and-organizational-performance/our-insights/organizational-health-is-still-the-key-to-long-term-performance>
3. <https://www.mckinsey.com/capabilities/people-and-organizational-performance/our-insights/organizational-health-a-fast-track-to-performance-improvement>
4. <https://www.jstor.org/stable/10.1086/681096#:~:text=URL%3A%20https%3A%2F%2Fwww.jstor.org%2Fstable%2F10.1086%2F681096%0A%5BImage%200%5D%0AVisible%3A%200%25%20,100>



Leadership makes wellbeing multiply



40% of employees would feel more comfortable prioritising their own wellbeing if they saw senior leadership focusing on theirs. ¹

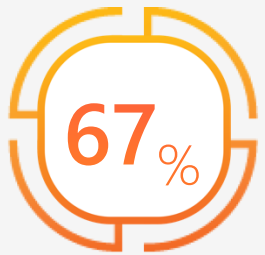
...

Managers have a greater impact on their direct report's mental health than their doctors and therapists. ²

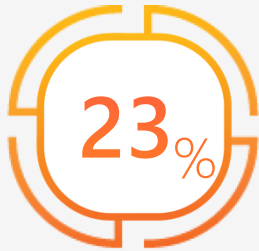


Real world impact

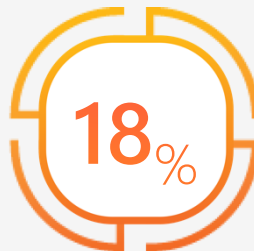
At Essentio Health, our success is measured by tangible improvements in our clients' health, wellbeing, and performance. Our methods are grounded in scientific research and real-world applications.



Reduced low mood frequency



Reduced anxiety frequency



Uplift in health empowerment

90%

Of participants reported sustained lifestyle changes, including:

- + Positive behaviour changes
- + Overall wellbeing improvement





Long-term health success

Our comprehensive approach delivers measurable health improvements.

- Resolution of complex medical issues
- Significant gains in sleep duration and quality
- Improved body composition and fitness
- Regained balance with enhanced wellbeing



Hundreds of successful participants, with 90% holding on to their habits long term

75

Net Promoter Score (NPS) from our coaching programmes*
*(>50 is considered world-class).

“ The Essentio program has been **phenomenal**.

- Andrew, Associate Partner,
Professional Services

“ Lifesaving, everyone should do it

- Paul, Partner,
Professional Services

“ The program has enabled me to make **real changes** to managing my health, which unidentified would not have happened.

- Amanda, Partner,
Professional Services

“ Their preparation is **meticulous**, and they take care to understand their audience.

- Chris, CEO,
Education sector



The Essentio assessment

Our assessment provides a comprehensive view of health and wellbeing, covering physical, mental, and emotional aspects. This allows us to craft a personalised plan tailored to your needs and life context.

With Essentio, you gain the insights and knowledge to take control of your health and performance.

STRESS MANAGEMENT

Assessment of mental and relationship health, overall wellbeing, and underlying personality type

SLEEP

Using the world-leading Oura ring to get a comprehensive evaluation of your sleep

GENETICS

Receive insights from your DNA related to diet, exercise, and nutrition

FITNESS

Through a series of tests, get an assessment of aerobic fitness, strength and mobility

PHYSIOLOGY

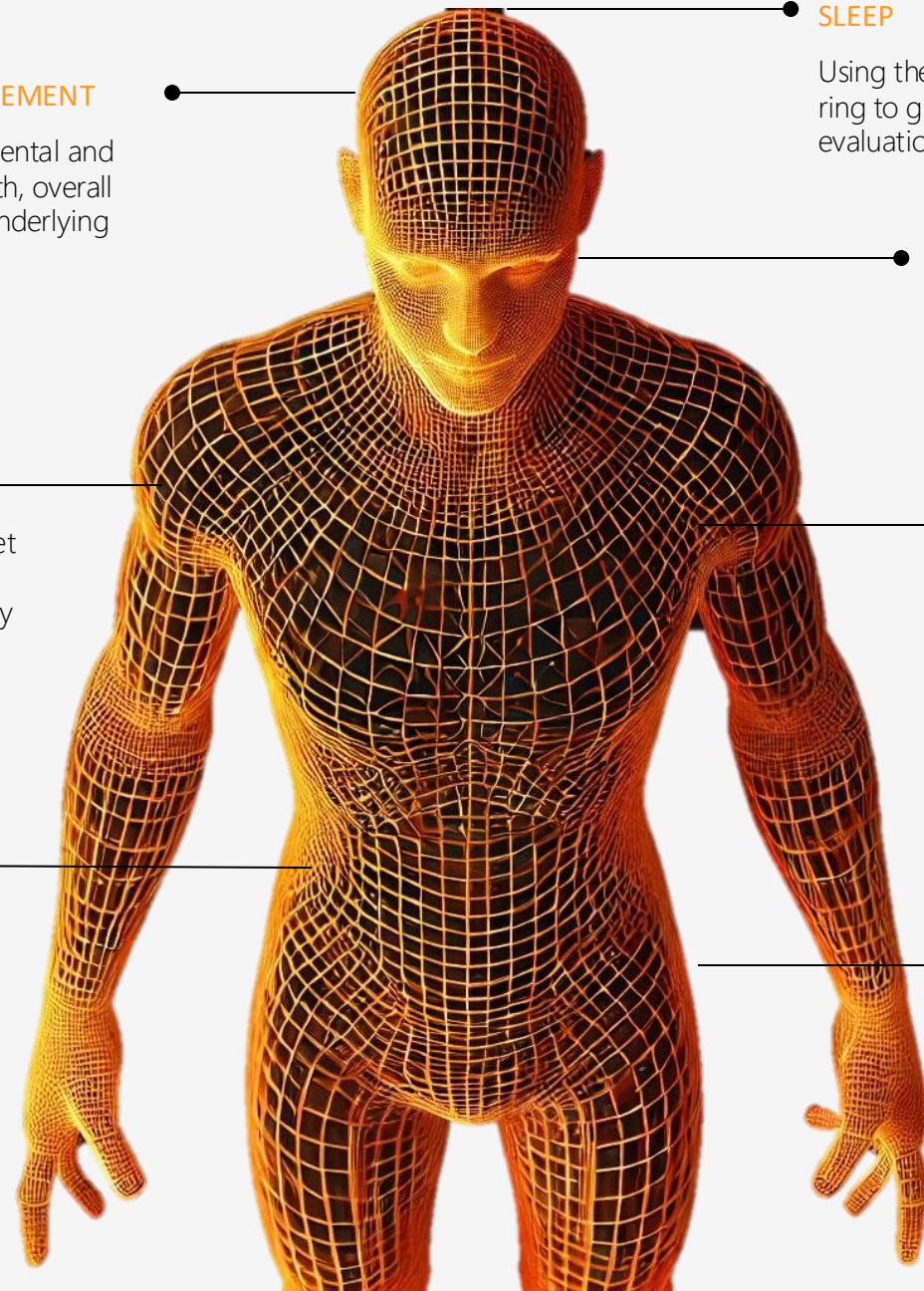
Blood pressure evaluation and targeted blood testing, based on health risks and genetic make up

DIET & NUTRITION

Receive a dietitian assessment of your current diet and nutrition

BODY COMPOSITION

Gold standard assessment using DEXA technology





The Essentio journey

Week 1

Meet face-to-face with each participant to introduce the program, fit the Oura ring, take DNA swab & blood pressure, and assess strength and mobility.



Week 2

Participants complete a 10-minute online survey, a 12-minute run, a 5-day food diary and DEXA body composition scan. The participant uploads all data into their password-protected secure portal.



Week 3

Discussion of lifestyle DNA report, leading to customised blood test request to use at a local pathology provider.



Week 4

Blood reports received and request sent to participant to allow access to Oura sleep data.



Week 5

Essentio Health Principal meeting to debrief the holistic report. During the session personalised health and wellbeing goals are agreed to.



Week 6+


Ongoing connection as required to ensure the participant is supported along their health improvement journey.





Essentio Health across your organisation

Essentio Health helps unlock the potential of your team with cutting edge testing and coaching, engaging workshops, accountability groups, and dynamic keynotes.



Personalised health and performance program

Empower your leaders with the most advanced and personalised health assessment and coaching program available. Leaders role modelling healthy behaviours cascade through the organisation.



Leadership workshops

Workshops to ensure leaderships are equipped with the skills and behaviours to enhance wellbeing and performance throughout the organisation.



Large group keynotes

Our keynotes for large audiences provide the tools needed to harmonise wellbeing with high performance.



Accountability groups

The formation of accountability groups with monthly online check-in sessions reinforces behaviour change through positive feedback and motivation.



Our Clients

Partnering with some of Australia's leading organisations, Essentio Health helps create a culture of health and high performance from within.



By partnering with Essentio Health, you provide your organisation with:

- ✓ Customised health and wellbeing programs: tailored to the specific needs of your leaders.
- ✓ Expert guidance to provide your teams with continuous support and insights.
- ✓ Proven results: significant improvements in employee engagement and productivity.
- ✓ Comprehensive and holistic: integrating fitness, nutrition, mental wellbeing and sleep into daily routines.



Our Experts

At Essentio, our team isn't just defined by the depth of their qualifications but also the breadth of their life experiences.

Our Principals



Justin Vaughan

Justin's combination of clinical medicine, professional sportsman, and corporate leadership is unique, and the nexus of these experiences allows him to bring a balanced, educated, and empathetic perspective to his clients.



Olly Bridge

Olly's broad experience ranges from being a sports scientist for elite athletes, to leading high-performing corporate teams and growing start-ups. This career has led to him being viewed as a leader in corporate health and performance.

Our team



Tanya Nagy
Dietitian

Master of Nutrition and Dietetics and Accredited Practising Dietitian.



Dr. Ginni Mansberg
Menopause Specialist

GP, TV presenter, podcaster, author and columnist. - member of the Australian and International Menopause Societies.



Dr. Kathryn Gilson
Clinical Psychologist

Clinical Psychologist, Clinical Advisor for WorkSafe Victoria, lecturer at Monash University, specialising in workplace mental health.



Jeff Roberts
Clinical Psychologist

Clinical Psychologist, lecturer at Monash University, RMIT, and ACAP College specialising in men's mental health, corporate training and leadership.



Investment

Essentio Health provides a range of packages and services tailored to meet your organisation's health and wellbeing needs.

0438 041 313 | hello@essentiohealth.com

Want to learn more?

To learn more about our other services contact us for a customised plan and pricing.



For Individuals

Elite health assessment and coaching

Includes:

- ✓ Comprehensive health assessment
- ✓ Tailored & personalised action plans from health & wellbeing experts
- ✓ Continuous expert guidance to foster habit-building and ensure lasting results.

Participants can choose a program duration that aligns with their availability & goals:

- Starting from \$3,000

Add-on Options:

- + 12-month re-testing
- + Menopause specific sessions
- + Psychologist sessions



For Teams

Group workshops and keynotes

Includes:

- ✓ Comprehensive pre-session planning meeting
- ✓ Tailored & personalised follow up support materials
- ✓ Bespoke blend of on and offline programs

Pricing upon enquiry.



ESSENTIO

essentiohealth.com