

**Date**

Wednesday 3 October 2007

**Subject****NIB encourages staff to support Walk to Work Day**

NIB Health Funds Limited (NIB) has long been a supporter of employee health and wellness programs. As part of its continuing commitment, NIB is encouraging its 600 employees to participate in Walk to Work Day on Friday 5 October.

Walk to Work Day is a national initiative of the Pedestrian Council of Australia that is designed to promote regular walking and physical activity.

NIB Chief Executive Officer, Mark Fitzgibbon, said NIB is pleased to support this initiative which is another way of improving the health and fitness of NIB employees.

"NIB is in the business of providing private health cover and we certainly aim to look after the health of our own people", he said.

The Walk to Work Day initiative compliments the Healthy Living at NIB program which is a comprehensive health and wellness program that 90 NIB employees recently participated in.

Mr Fitzgibbon said, "The program focuses on raising awareness, encouraging and supporting employees to manage their wellbeing and adopt a healthy lifestyle while enhancing employee morale and fostering an environment of health and wellness".

The aims of Walk to Work Day are:

- To promote regular walking as a healthy activity
- To reduce the reliance on the private motor vehicle
- To promote and improve the use of public transport
- To improve air quality by reducing unnecessary vehicle emissions

NIB also has a vested interest in not just its employees' health and wellbeing but also the 680,000 people covered by NIB. At [nib.com.au](http://nib.com.au) the 'Health and Wellness' section assists members with information such as questions to ask their doctor, the hospital and NIB before treatment in hospital. The site also promotes preventative healthcare and includes lists of regular check-ups for both adults and children. There's also a range of fact sheets on kids safety, First Aid and CPR.

Photo opportunity

If you're interested in photographing NIB staff walking to work please call the phone number below. It's expected that most staff will be departing from an inner city location at approximately 8.30am.

**For further information:**

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Branches around Australia

*About NIB:*

*NIB has been a registered health fund since 1953. NIB is Australia's sixth largest health fund and has approximately 680,000 members across Australia. On 1 October 2007, NIB became the first private health insurer in Australia to demutualise with plans list on the Australian Securities Exchange (ASX) in November.*

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