

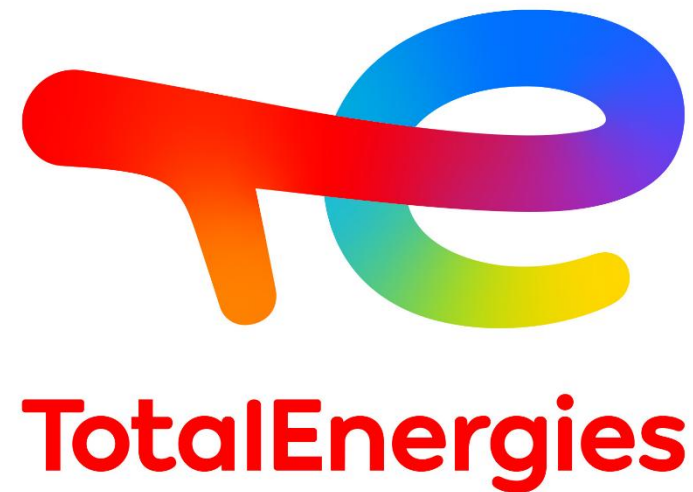
Creating innovative Health & Wellbeing strategies to cut medevac rates offshore

By Georgina Howden, Wellness & Lifestyle Manager,
Healthoutfit



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Introduction and context



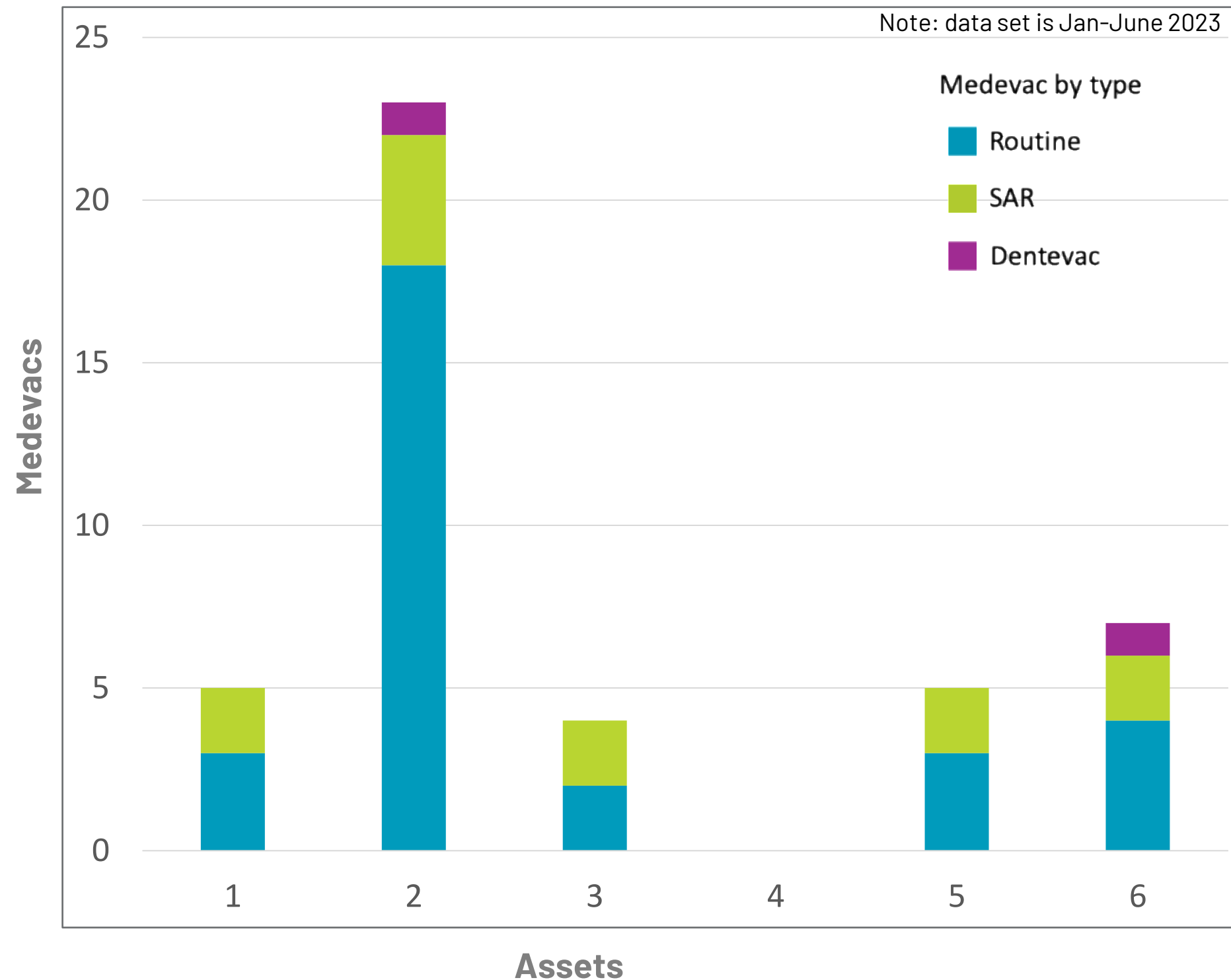
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Health & Wellbeing Programme
Designed to help everyone
working at TotalEnergies improve
their health and wellbeing.

Looking at the data

Medevac by type by asset, 2023



2023

Medevac data Jan-June

- 44 medevacs across 6 offshore assets
 - 30 routine
 - 12 required Search and Rescue support
 - 2 dental

Engagement data Jan-June

- 33 group presentations
- 188 total attendees
- 99 1:1 sessions

What did we do?

JOIN THE 6 WEEK CHARITY CHALLENGE
8 January – 18 February 2024
19 February – 31 March 2024

RAISE YOUR GAME

6 DIMENSIONS OF WELLBEING
A 6-week wellness challenge is a great way to promote healthy habits, boost morale, and foster teamwork. Each mini challenge is for 7 days.

- Week 1 Physical Activity**
30 minutes of exercise every day and track your daily progress.
- Week 2 Healthy Eating**
Eat at least one serving of fruits or vegetables from each colour of the rainbow every day.
- Week 3 Mindfulness**
Practice mindfulness meditation for at least 10 minutes every day.
- Week 4 Sleep**
Aim for at least seven hours of quality sleep every night.
- Week 5 Hydration**
Drink at least 1.5 litres of fluid daily.
- Week 6 Posture**
Stretch for 1 minute before you start moving.

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RAISE YOUR GAME

6-week Wellbeing challenges for individuals and teams - app and web pages packed with educational content



Medical referrals



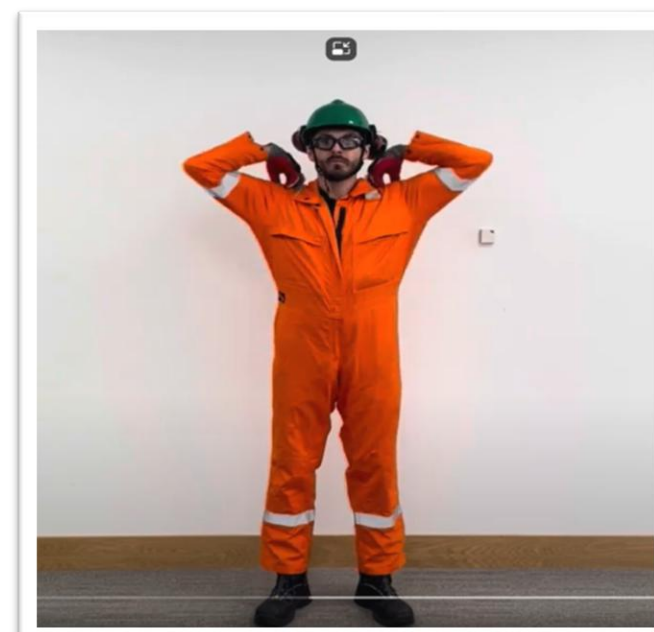
Unique gym induction videos and documents for each asset



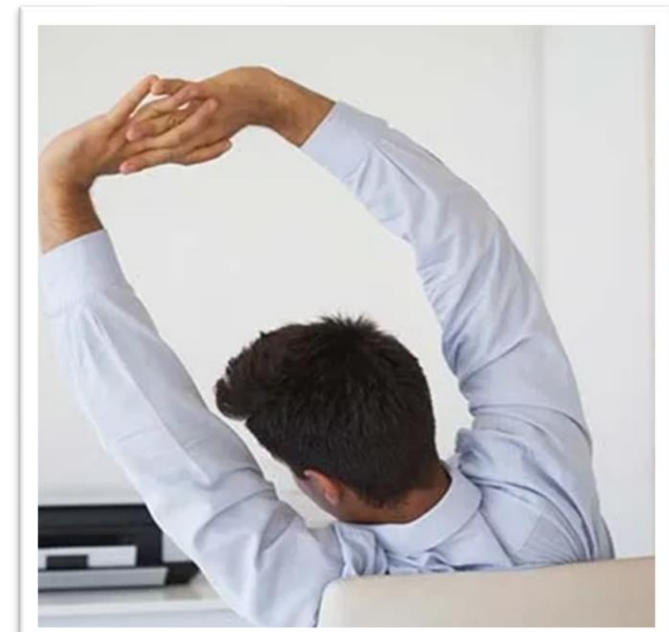
Wellbeing workshops and talks



Healthy eating - supported by offshore camp bosses



MSD prevention videos with pre manual handling warm up exercises



Morning stretch classes - in person, online, recorded

Individual success stories



Case study 1

A 29 year old male with a sedentary job

assigned posture exercises done throughout his working day,
tracked habits aimed at increasing overall activity within the working day

designed home workouts

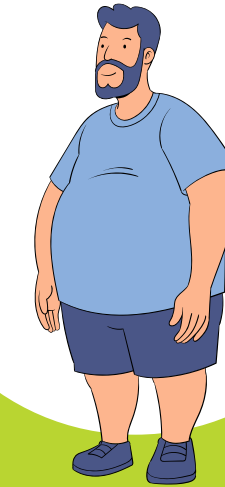
logged nutrition



Case study 2

A 43 year old male struggling with long term lower back pain

assigned daily stretches and posture exercises to do in cabin or in the gym using our coaching app
strength-based training workouts and progression



Case study 3

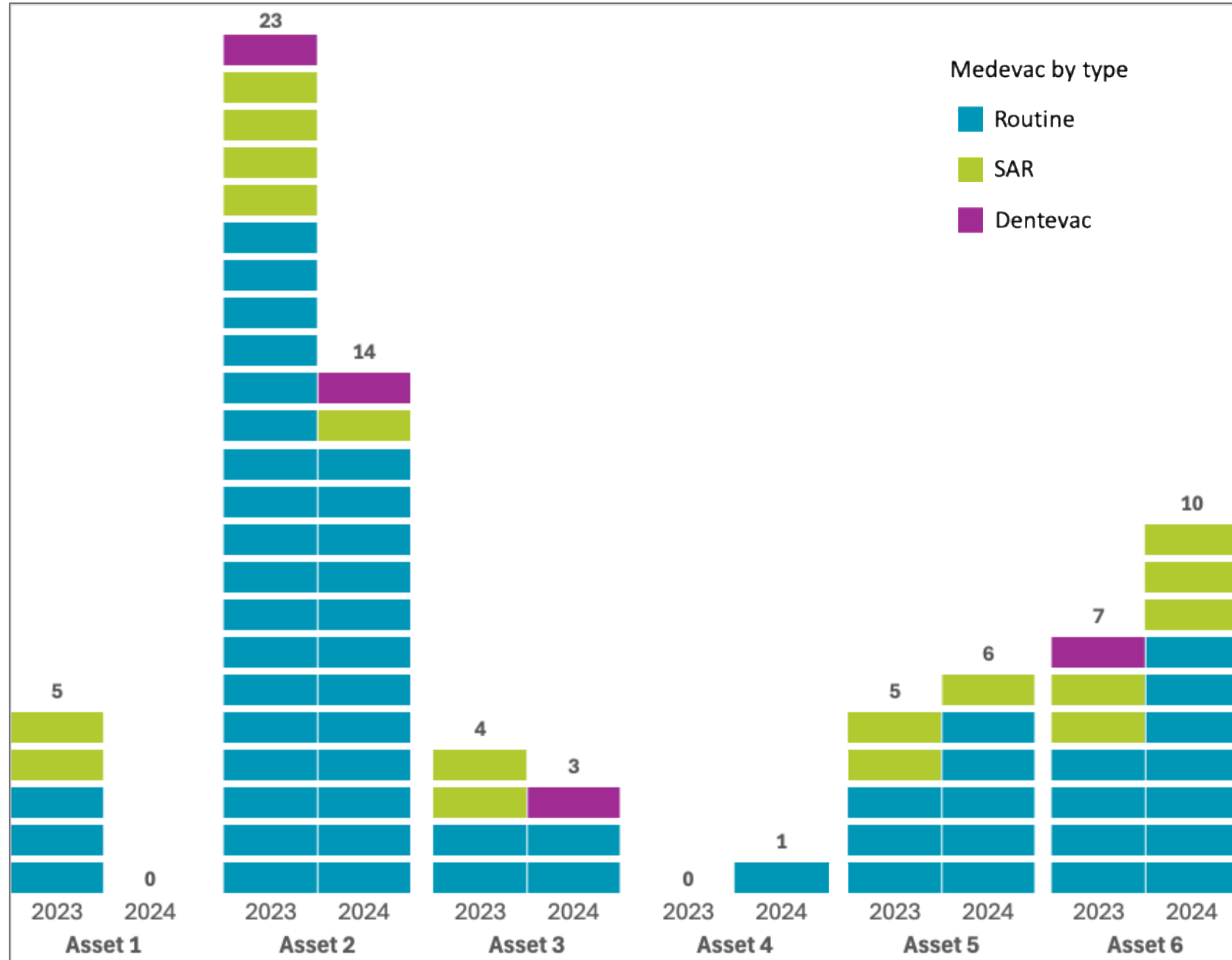
A 53 year old male who wanted to lose weight

nutritional guidance
small changes
increasing daily steps
'snacktivity' challenges

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Overall result

Medevac by type, by asset, 2023 vs 2024



2024

Medevac data Jan-June

- 34 medevacs across 6 offshore assets
 - 27 routine
 - 5 required Search and Rescue support
 - 2 dental

Engagement data Jan- June

- 54 group presentations
- 423 total attendees
- 77 1:1 sessions

Note: data set is Jan-June 2023 vs Jan-June 2024

Critical success factors

From a business lens

1. Leadership commitment
2. Truly collaborative partnership
3. Internal communications
4. Responding to data
5. Flexible and adaptable to operational pressures and demands
6. Inclusivity - staff and contractors

Individual success stories

1. Highly personalised solutions for individual needs
2. Being an accountability partner
3. Ongoing support - on or off rotation
4. Use of technology
5. Keeping it real
6. Being consistent, building trust

Embracing the challenge

1

Do you have a multi-year employee health & wellbeing strategy or are you simply offering random, but well-intended activities?

2

Is the focus of your programme on health promotion or occupational health?

3

How engaged is your Executive leadership and Senior Operational leadership in shaping and implementing the strategy and annual programme of activities?

4

How is your data informing the multi-year annual programme of activities – what needs adjusting to make a meaningful impact?

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A few words from offshore



“Cheers for the talk Craig, really interesting. I think I speak for the rest of the guys too considering we all stayed for an extra 20 mins of questions and discussion.”

“Really appreciate your help mate thank you very much, I’ll send pics of my food and videos of my training”

“thanks for these exercises Craig, I’ll start practicing and by the next time you visit I’ll be able to touch my toes promise! Ha ha”

“Thanks again, I really feel like I’m moving forward with my training now.”

“Really enjoyed your talk thanks, I think the rest of the guys did too based on their interaction.”

“Sending you and Georgie out to us to deliver the Health and Well-being Program is one of the best things Total has done”

“Thanks again for your support, I’m enjoying the exercises you gave me and my shoulder mobility is improving”

“Thanks a lot for the new gym routine, we were just discussing how good the app is! Looking forward to properly tracking my progress”

“The rowing machine is a killer, enjoying the weights stuff immensely - more than I thought I would to be honest”



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25 YEARS



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