

The CSIRO Total Wellbeing Diet, a solution for your workplace.

We understand the challenges faced by Human Resources, Benefits, Wellbeing, and Health and Safety teams when it comes to considering what programs will deliver the best return on your health and wellbeing investment.

At Digital Wellness, we are passionate about changing people's lives by making a positive impact on their health. For the past 10 years Digital Wellness has collaborated with the CSIRO to develop the CSIRO Total Wellbeing Diet, Australia's No.1 trusted weight loss program*, to bring individuals, health funds and corporate clients a robust and outcome focused health program.

Workplaces love our approach to delivery. To suit a range of budgets we work together to make sure the right people, are in the right program, at the right time.



A suite of services

No matter the occupation, the health of every worker will sit somewhere on a spectrum from thriving to diseased. Your company and program goals will help determine the group you want to target and the results you want to measure.

Our suite of services focused on prevention, risk reduction and early intervention can help deliver a healthy, happy and engaged workforce.

The Spectrum of Health

We all sit somewhere on the spectrum of health



Transform your workplace into a hub of wellness & productivity!

If you would like to know more about the CSIRO Total Wellbeing Diet programs or to obtain a pricing quote please complete the [online form](#) or [email us on packages@totalwellbeingdiet.com](mailto:packages@totalwellbeingdiet.com) and one of our team will be in touch.

Your journey towards a thriving workplace starts here – [enquire here now!](#)