



Fit for Duty

Managing Sleep Health

Fit For Duty Team

Amy Castle- Director

Livia Esterhazy- Sleep and Nutrition coach

Gareth O'Donnell- Sleep and Exercise coach

Predictive Safety (Peter)- Alertmeter and Fatigue experts (Consultants)

NZ Sleep (Andrew)- 3rd party sleep and CPAP providers for Fit For Duty (Sleep physiologists and Respiratory Specialists)

Roy Sweeney- Sleep Physiologist

Jez Morris Cardio Scan- Advisor

Stay Alert Workshops

I will look to revert back to more in line with Rachel's presentations.

Introducing Livia and Thrive Collective: Expertise in Sleep and Nutrition Health.

Livia, the driving force behind Thrive Collective, brings a wealth of experience and expertise to the table. With a background as a CEO for an international company, she transitioned into the health and wellness industry, leveraging her leadership skills research skills and passion for well-being to create a thriving business.

Livia is renowned for her confident and engaging public speaking abilities. Her presentations are informed by the latest research and science in sleep and nutrition, ensuring that her audience receives accurate and practical advice. She has been coaching corporate teams and individuals for the past three years, specializing in sleep and nutrition. Livia's approach is both informative and relatable, perfectly balancing health needs with real-world work/life realities.

Having grown up in a family with a strong connection to the transport industry—her grandfather was a truck driver—Livia has a particular interest in this sector. Her unique perspective allows her to connect with and understand the specific health and wellness needs within the transportation space.

Livia is committed to tailoring her presentations to meet the specific needs of clients basing her approach on the proven frameworks of Rachel's presentations. She is happy to collaborate and receive feedback to ensure her sessions are precisely aligned with your objectives.

Additionally, Livia is equipped to offer more detailed nutrition workshops for clients seeking an in-depth exploration of dietary wellness.

We are confident that Livia's expertise, combined with her engaging delivery and industry insight, will be an invaluable asset to your organization. We look forward to the opportunity to collaborate and support your team's health and wellness journey.

For further information or to schedule a meeting with Livia, please feel free to reach out.

Introducing Gareth: Your Premier Health, Exercise, and Sleep Specialist

I am thrilled to introduce Gareth, a distinguished expert in corporate health, exercise, and sleep wellness. Having previously collaborated with Rachel, Gareth's enthusiasm to reunite with the Fit for Duty team was clear.

Currently, Gareth serves as a consultant for Ports of Auckland on health and safety and works with Southern Cross Health Insurance. He also independently delivers his acclaimed Sleep and Physical Fitness workshops nationwide.

Gareth's workshops are renowned for incorporating the latest industry insights, ensuring participants receive the most current and relevant information. His extensive knowledge in sleep and physical fitness equips him to offer comprehensive workshops tailored to enhance physical well-being and overall health plans for clients.

Gareth is eager to present an updated version of Rachel's renowned work, bringing fresh perspectives and advanced expertise.

In line with our ongoing commitment to providing exceptional value, we will be adjusting our pricing structure. This adjustment is part of a pre-planned strategy to enhance our services and is not related to contractor compensation.

Price \$1200+gst (plus travel expenses)

Pre Screening Assessments

The prescreening assessment there is no change here I have a physiologist in Sydney that had been assisting Katrina so these can continue as per usual. As you know these are used prior to recommending a sleep apnea test. It is a question and answer test and is conducted online and via video or phone call if required with a sleep physiologist.

Once completed a recommendation is provided for the client for next steps for their health and wellbeing. This step often helps rule out those clients that have zero risk factors for sleep apnea.

Price \$85+gst

Sleep Apnea testing- provided by 3rd party supplier

This Pathway remains unchanged however the NZTA have slowly been changing their requirements for the Sleep Apnea Testing and at this time they are now requesting all sleep tests be manually scored by a physiologist.

Fit For Duty's provider NZ Sleep is able to accommodate this change in process but this also comes with a cost increase. No providers in NZ will now conduct a sleep test that is not scored by a physiologist. So this price increase would have come along either way. I have negotiated with our suppliers to ensure Fit For Duty is still one of the cheapest if not the cheapest option available.

We are able to continue using the WatchPAT® test that is an innovative diagnostic tool designed for the quick and thorough diagnosis of sleep apnoea, offering a convenient and user-friendly alternative to traditional sleep study methods.

Details required for the test

full name

Date of birth

Address to send the sleep test

Contact number

Email address

One night test price \$350+gst and \$10 postage

CPAP trials

The trials remain unchanged and will continue to be provided by our 3rd party provider NZ Sleep.

4 week CPAP trial with the option to extend to 3 months should it be required.

Support to set up and two CPAP reports to assist with establishing a good result.

I have asked them to increase their reporting to ensure it is sufficient as I thought it was a little basic before.

The price for CPAP trials will be \$350+gst and \$15 postage

Ongoing CPAP therapy.

On going therapy is available to clients that do not meet the DHB funding requirements.

Machines can be purchased from NZ Sleep or hired at a cost of \$44+gst per week. This covers compliance reporting as well.

AlertMeter

Alert Meter allows us to paint a detailed picture of the fatigue status of the company and countermeasures we can implement to reduce this risk.

AlertMeter is a graphical cognitive alert-ness test lasting 60 to 90 seconds that workers complete at the start of their shifts and/or before performing a critical task.

This data is then used in conjunction with a system called PRISM. PRISM is a predictive Fatigue monitoring platform that anticipates when fatigue will occur in any shift work environment. Its proprietary algorithm uses predictive modeling from lagging indicators in real-time analysis to manage fatigue before it impacts the work environment. PRISM utilises the time-keeping data from your systems and uses a risk calculator to predict fatigue risk based on the employee's recent work history and anomalies known to contribute to fatigue. This combined with real-time AlertMeter data provides you with a comprehensive set of data to make informed fatigue decisions.

Pricing

\$1500 set up fee per client.

\$16.50 per user per month x 10 users (which calculates to \$495.00 for three months)

Total costs \$1995 +gst for users for the 3 months

Travel/accommodation as required.

Fatigue management support

Predictive Safety who are the providers of the AlertMeter and PRISM system are skilled advisors on the management of fatigue within a company.

Their clients consist of big international transport and mining companies just to name a few.

RioTinto

AmeriGas
America's Propane Company

national
express
transit

Fit For Duty have already been consulting with Predictive Safety on fatigue recommendations and to implement reviews of companies data to advise on shift pattern reviews and risks for a company in relation to their fatigue and how they can change shift patterns to reduce this risk.

Fit For Duty will continue to work with Predictive Safety in respect to Fatigue Management for companies.



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FIT FOR DUTY PRICING

Stay Alert Workshops	\$ 1200.00 (plus travel)
Fit For Duty Watch Pat 1 night Sleep tests	\$350.00+gst
Sleep Test Postage	\$10.00
Abnormal results that require a specialist review Drs consultation	\$350.00+gst
CPAP trials	\$350.00+gst
CPAP postage	\$15.00
Ongoing CPAP hire	\$44.00 per week+gst
AlertMeter total 3 month cost	\$1995 +gst (10 users)
Fatigue Management Consulting	\$tbc