



THE DOSE

Your monthly dose of health & wellness brought to you by



We're thrilled that the inaugural issue of our new monthly newsletter, *The Dose*, has landed in your inbox. Our team of passionate content creators and researchers have joined forces to deliver you the latest news in all things health and wellness – we'll cover lifestyle, insights and trends from different perspectives as well as all the key topics impacting our health today.

Never before has health and wellness been at the forefront of Australians' minds and lifestyles, so sit back, relax and enjoy your monthly prescription of *The Dose*.

myDr.com.au BEST ON SITE

What does an LGBTQIA+ specialist GP offer?

In honour of WorldPride month, we investigate the focussed care an LGBTQIA+ GP can offer and how to find one near you.



Each month, we'll speak to someone driving real change in media, and take a peek inside the health and wellbeing rituals that help them manage stress and stay grounded.



IN CONVERSATION WITH...Charles Xu

'I am proud to see a more diverse than ever workforce, not only being promoted, but celebrated!'

Succession or RuPaul's Drag Race? In the middle of a hectic week, there's only one way to wind down for **Charles Xu, OMD Diverse Director, OMD Australia.**

Find out what Charles is streaming to chill out and why he believes dialling down the exercise intensity delivers big on daily joy. You'll also discover why DE&I is here to stay and Charles' simple reason for always eating hummus on Wednesday.

Catch up with **Charles Xu**

DID YOU KNOW?



We're located in

4,400+

GPs and Pharmacies

With assets numbering

6,500+

Across Australia

16+ MILLION

Duplicated Reach of Digital Out-of-Home assets every month



DRIVING THE KIND OF SALES YOU ONLY DREAM ABOUT

To celebrate World Sleep Day, we can share the success of a Koala Mattress campaign, featured across the Tonic Network. The campaign generated over 1,000 email leads. From health consumers taking the sleep test and dozens of sales of mattresses, both of these call to actions were unique to Tonic Assets. Source: Koala & Tonic Media Network

Find out how we did it



What actually happens in a skin cancer check?

Find out how to make the most of your skin cancer check and avoid becoming one of the two in three Australians that will be diagnosed with skin cancer by the age of 70.

Make the most of your skin check



GENERAL PRACTICE

IN A RAPIDLY CHANGING WORLD

A PODCAST SERIES FOR GPs



Hosted by

Dr Norman Swan

PODCAST FOR AUSTRALIAN GPs

As part of our communication programs with Australian GPs, we run a series of webinars "General Practice in a Rapidly Changing World" to discuss critical issues and bring together expert panelists. In our latest webinar, we talk about the impact of Medicare Reform on general practice and ultimately patient care.

Listen to the podcast below, find us on your favourite podcast streaming service, or [watch the webinar online.](#)

Download the Latest Podcast



As custodians of Aboriginal Health Television, we pay our respect to elders of the past, today and tomorrow.

This was, is and always will be Aboriginal land.

