

A young woman with glasses and a man are looking at a book together. The woman is pointing at the book with a yellow pencil. The man is looking at the book with a smile. The background is a bright, modern office setting. There are decorative blue and yellow curved lines on the page.

preventivehealth

The next
generation
in workplace
healthcare.

preventivehealth.org.uk

Preventive Health onsite health checks combine clinical excellence and coaching to create a healthy workforce and long-term value for your business

Give your employees individual attention from a qualified health professional, to identify, assess and target critical health issues.

Preventive Health provide a full-service onsite health check program, including management and internal promotion.

All our checks and consultations are delivered by qualified professionals, who are passionate about helping employees improve their health.

These private and confidential sessions are powerful motivators, giving employees the information and support they need to kick-start changes in their health.

Quick on-site health checks

With our healthcare professionals coming to you, the time lost is minimal. Our health check appointments only take **20 minutes** per employee. Seven simple, but crucial, steps cover the following:

- Blood pressure check
- Cholesterol check (total and HDL)
- HbA1c check (average blood glucose)
- Height, weight and waist measurements
- Body Mass Index (BMI) calculation
- Heart Age risk assessment
- Type 2 diabetes risk test

Each individual receives a clear report on their current health and their risk of developing conditions such as heart disease, type 2 diabetes and common cancers. This helps them to take better care of themselves, making small changes, which can make a big difference.

Benefits for your organisation.

A Dedicated Event Manager supports the process, whilst our streamlined, easy-to-use online system makes booking an appointment quick and easy.

Beyond good workplace welfare practice, Preventive Health's health checks deliver tangible benefits for businesses of all sizes

- We manage everything, with minimal support from your HR team.
- We help with internal promotion of the service.
- We provide personalised results cards on the day for all employees.
- You will be provided with an anonymized report giving you an overview of company health, so you can implement proactive changes to support your employees.
- Our programme boosts employee motivation and reduces potential sickness absences over the long-term.
- Proactive employee welfare helps you to recruit and retain key staff.
- Lets you present workplace health checks as an attractive employee benefit.

Benefits for your employees

Preventive Health runs tailored follow-up workshops for both managers and employees, with the following benefits:

- Inspire change by giving employees the intrinsic motivation they need to make changes.
- Offer an opportunity to discuss health issues with professionals such as nutritionists and trained advisors in specialist areas such as stress.



**Are you ready to open the
door to a healthier workforce?**

Talk to one of our Preventive
Health specialists today.

Call: 01743 454 910
Visit: preventivehealth.org.uk

help2change

Helping People Live
Healthier Lives