

Employee Health Checks



Personal Health Checks for your workforce

Work place health checks

The health of your workforce plays a major influence in the success of your business. Absence from work, presenteesim at work, medical bills, the list goes on. Costs to your business, loss of productivity, not to mention the personal welfare of your staff will all have an impact on your bottom line. By having your staff checked regularly, you not only get an early indication of who needs to seek medical attention, it also shows you are a caring employer and that you take the well being of your staff seriously. Productivity, moral, customer satisfaction and health awareness will all be improved from our health check sessions.

Top 5 reasons to have health checks at your company

1. Medical costs of those with 6 or more health risk factors are eight times higher than those with none
2. For every health risk an employee has, productivity drops by an average 2.4%
3. Unhealthy workers average just 49 productive hours of work per month compared to 143 hours for healthy ones.
4. Employees like their employers to show that they care about them and provide loyalty when this occurs. Modern workers like to have a work life balance and if you show them you will help their life, they will show commitment
5. People are increasingly more aware of the need to look after themselves better but do not actually know their current state of health. You can help them achieve this in a win win situation for both the individual and the company.



Health checks at work are for the company that wants to.....

- Improve its bottom line by preventing sickness costs and presenteeism through individual health awareness.
- Retain valued staff by improving staff relations and by actually keeping them at work.
- Improve employee commitment to work with improved moral and motivation.
- Become the employer of choice.
- Improve overall business performance and productivity.

Your health check will include.....

- Blood pressure testing
- Diabetes screening
- Total cholesterol screening
- Body fat percentage
- Hip to waist ratios
- Body Mass Index (BMI)
- Cardiovascular fitness
- Lifestyle questionnaires
- Risk to health assessments
- Physical activity assessment

All tests can be performed in limited space and without the need to change out of working attire. Therefore maximising efficiency and minimising disruption to the working day

What your employees receive.....

A detailed and confidential report will be provided to each of your employees outlining their current state of health, the implications of this and our recommendations based on this evidence.



motivation through inspiration

Our commitment to your company

We will provide you with a full report of your employees giving overall statistics about each health condition. This will of course not identify individuals, but we can provide details of departments, management levels, age range, gender etc. We will also provide recommendations based on these findings. This will help the business to target specific interventions to improve the health of the business overall and make sure that any return on investment is maximised in future initiatives.

Order and Enquiry

To make enquires about our health checks or to book a place, please contact our enquiry and booking line: 01226 280380

Email enquiries are also welcome at james@letsgohealthandwellbeing.co.uk

www.letsgohealthandwellbeing.co.uk

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