

health screening

a holistic approach to wellbeing



overview

Give your employees a full M.O.T and start your employees on their way to better health with Health Screening. Our Health Screening solution is a cost-effective, valuable benefit delivered by qualified health screening practitioners within the workplace that lets your employees take control of their health.

what are health screenings?

Health Screening provides employees to take control of their health by assessing where their health is at currently. With guidance and support, employees can make lifestyle changes to improve their health - healthy employees are good for business. Employees understanding their current health can lead to early diagnosis of more serious conditions that can be treated and managed.

why should I offer health screening?

- ✓ Show employees that you really care about employees' health both inside and outside of the workplace
- ✓ Easy and cost-effective to implement
- ✓ Delivered by qualified health screening practitioners within the workplace

- ✓ Offer personalised and comprehensive health reporting for each employee and provide advice to encourage positive lifestyle changes
- ✓ Assessments can lead to early diagnosis of more serious conditions that can be treated and managed effectively
- ✓ Company-wide health report that can support employee wellbeing strategies
- ✓ Reduced absenteeism
- ✓ Increased employee morale
- ✓ Enhanced benefits packages to attract and retain staff

where are health screenings held?

Health Screenings are carried out at your workplace or off-site to suit your needs to ensure there is minimal disruption to the working day.

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how does it work?

- ✓ There is a core level of cover available with optional upgrades and bolt-ons to choose from - simply choose a level that suits the needs of your workforce.
- ✓ Employees will receive results of their health screening and have access to a helpline open 24/7, 365 days a year for further support and guidance.
- ✓ Health Screenings are not treated as a benefit in kind by HMRC, so they can be claimed as a business expense, up to one health screening per employee in any tax year.



✓ **Tailor to your needs**

- ▶ Select from a range of optional 'bolt-ons' and/or the Body System Health Screen
- ▶ These can be added to The Lifestyle Health Screen

✓ **Choose an appointment**

- ▶ A convenient time to carry out health screens with minimal disruption to your business will be arranged

✓ **Tell your employees**

- ▶ Receive a link to register online
- ▶ They complete their booking by choosing a date and time for their health screen

✓ **Employees complete online health questionnaire**

- ▶ A questionnaire to understand more about employees' health before the screening takes place

✓ **Health Screen**

- ▶ Employees receive a personalised digital report summarising their current health and wellbeing after their health screen takes place



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health screening packages and costs

- ✓ Ideal for men and women aged 18-70
- ✓ 30-90 minute screening time
- ✓ From £40 per employee

Core Package: £40*

The Lifestyle Health Screen

Ideal for everyone in your business - it gives employees an overview of their general health and helps to identify potential risks or areas for improvement:

Body Mass Index (BMI)
Body Fat
Visceral Fat Test - (Abdomen fat)
Resting Metabolic Rate
Body Water Percentage - (Water level in body)
Bone Mass Assessment - (Not osteoporosis)
Blood Pressure
Total Cholesterol - (Total sum of good and bad)
Blood Glucose
HDL Cholesterol - (Levels of good cholesterol)
Nutrition Review
Lifestyle Review
Mental Health Signposting

Optional Upgrade: +£40*

The Body System Health Screen

If something more thorough is required, add the Body System Health Screen, which consists of 6 additional tests to the Core Package:

Kidney Disease
Urinary Tract Infection
ECG - (Electrocardiogram)
Cardio Fitness
Liver Disease
Lung Function

Optional Bolt-ons

Further customise your Health Screening package by adding any number of the following Optional Bolt-ons:

1. Over 40s: +£40*

Blood Oxygen
Thyroid Blood Test
Prostate Disease Blood Test (male)
Haemoglobin - (Red blood cell test)

2. Blood Tests: +£100*

Liver Profile
Kidney Profile
Lipid Profile
Thyroid
Postate

3. Bowel Cancer: +£60**

Bowel Cancer

4. Osteoporosis: +£60**

Osteoporosis

5. Heart Health: +£65*

High Sensitivity CRP
Cardiovascular Cohesion Stress Test
Arteriosclerosis

*Excludes VAT

**VAT Exempt

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Talk to a member of our team today

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