



# Employee Health Screening



Health screens are conducted at the workplace within a small private room and carried out by experienced health screening nurses, but don't worry the only clothes that need to be removed are shoes and socks. Most results are advised during the health screen and a full report follows the screening.

## GOLD SCREENING OPTION £149.50

The gold screening consists of:

- In Depth Medical Report
- Body Mass Index
- Skeletal Muscle Assessment
- Metabolism Assessment
- Blood Pressure
- Diabetes Test
- Body Fat Percentage Test
- Visceral Fat Test
- Peak Flow lung Function Test
- Cholesterol Test
- Heart Rhythm ECG Test
- Comprehensive Urinalysis
- Lifestyle Assessment
- Nutrition Assessment

### + Additional Tests:

- Prostate Disease
- Thyroid Function Test
- Free Radical Test
- Full Blood Profile (a 12 hour fasting Period, only drinking water is required before taking this test) - Results follow in the post.
- Full Cholesterol Test



**Freephone Health Matters on 0800 988 0085**

## Health Screen Benefits

- One to one time with our medical professional.
- Could expose undiagnosed health problems.
- Educates you on health and lifestyle issues.
- Shows a clear picture of your current health state.
- Gives you piece of mind.
- Ongoing monitoring of personal health.
- Links to established healthcare organisations.
- Secure online access to your results.
- Access your information from anywhere in the world.

### **Blood Pressure**

The measurement of blood pressure to and from your heart. Systolic, blood flowing from the heart and diastolic, blood flowing to the heart.

### **Comprehensive Urinalysis**

Conducted to show information relating to your diet, diabetes, kidneys, food poisoning and bladder infection.

### **Visceral Fat Test**

Visceral Fat is the amount of fat found around your vital organs such as your heart, lungs liver and kidneys.

### **Body Fat Percentage**

Body fat percentage is the percentage of body fat that contributes to your total body weight.

### **Cholesterol Test**

Cholesterol is the collection of fatty deposits forming or building up in the arteries.

### **Heart Rhythm ECG Test**

Records measurements of your heart rhythm and the waveform generated by your heart.

## Key Benefits of the Secure Health Monitoring System

- Secure online access.
- Log into your health screen results worldwide.
- Continuously monitor your own health.
- Create your own trend analysis from continuous health monitoring.
- Reminder when annual health screen is due.
- Monitor regular medication and vaccinations.



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