



# Wellness Screen £24.99



A fantastic entry level 'Wellness Screen' that offers employers a great value for money screening. We include some key areas to kick off your screening programme including Heart and Lungs. We will also carry out a Diabetes check.

All screens are carried out in the workplace by our medical professionals, taking only a few minutes for each employee. An additional blood test checking for good and bad cholesterols will allow us to give you a coronary risk score as well.

All employees will have access to our secure on-line health book "MAIA" to view the results and add their own results if they wish.

## Wellness screen includes:

- Blood Pressure
- Heart Rhythm ECG Test
- Body Mass Index
- Diabetes
- COPD (lung Age)
- Peak flow
- Resting metabolism assessment
- cholesterol test

## Additional tests that can be added on:

- Cholesterol Test (laboratory)
- Coronary Risk Score (included with lab test)



## Employer Benefits

- Full on-line tracking system of where you are and where we are with the screening.
- Company trend analysis of key health matters, average blood pressure etc.
- Simple Booking Process.
- Assistance with marketing and promotion to the staff.

## Employee Benefits

- Secure online access to their health screen results.
- On going monitoring of personal health.
- Access information from any where in the world.

# Freephone Health Matters on 0800 988 0085

There is a minimum requirement of 20 screens per day.



### Blood Pressure

When your heart beats, it pumps blood round your body to give it the energy and oxygen it needs. As the blood moves it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your arteries and your heart this may lead to heart attacks and strokes. Normal blood pressure is having a blood pressure reading that is above 120 over 80(120/80), but below 140 over 90 (140/90).

### Heart Rhythm ECG Test

An ECG – or an electrocardiogram - is a simple and useful test that consists of a twelve lead Echo Cardiogram test measuring the quality of the electrical impulse and waveform generated by your heart.

### Body Mass Index

The body mass index (BMI), is a statistical measurement which compares a person's weight and height. It is a useful tool to estimate a healthy body weight based on a persons height and gender.

### Resting metabolism assessment

Your resting metabolism or resting metabolic rate is the number of calories your body requires to function correctly. This is based on exhalation analysis and the result is gained by measuring the consumption of oxygen in exhaled air.

### Diabetes

Over 2 million people in England are living with diabetes. Many more have the condition but don't know it. Diabetes can increase the risk of developing other conditions, such as heart disease. It can be managed effectively and many people with diabetes lead a healthy, active life. Diabetes can also occur in pregnancy. This is known as gestational diabetes. It affects less than one in 20 pregnant women and usually disappears after birth. Although women with gestational diabetes are more at risk of developing type 2 diabetes later in life.

### COPD (lung Age)

COPD stands for chronic obstructive pulmonary disease. This is a term used for a number of conditions; including chronic bronchitis and emphysema. COPD leads to damaged airways in the lungs, causing them to become narrower and making it harder for air to get in and out of the lungs. COPD is caused by noxious particles or gases, most commonly from smoking, which triggers an abnormal inflammatory response in the lung.

### Peak flow

A peak flow reading provides a measurement as to how well the lungs are functioning. A normal peak flow reading indicates that the lungs are functioning well where as lower readings can indicate poor lung function which could be a result of Asthma, Bronchitis or heavy smoking.

### Cholesterol

Cholesterol is one of the body's fats but plays an important part in the production of cells that help to produce hormones and energy levels. In some cases cholesterol levels increase due to diet. Having too much cholesterol can cause problems such as hardening and narrowing of the arteries including those supplying the heart muscle.

