

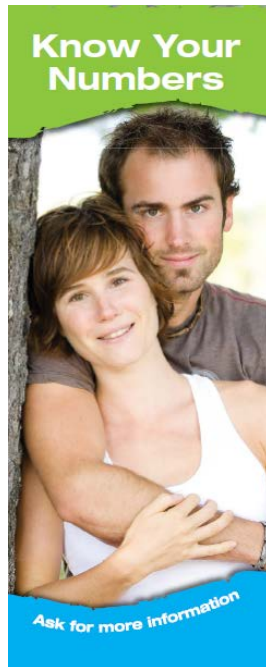
Lifestyle Assessment Days

These high impact, interactive screening programmes are designed to engage your people in their personal health & wellbeing.

20-minute 'lifestyle checks'

Up to 20 appointments per day, including:

- Blood pressure
- Total cholesterol
- Blood glucose
- Height, weight & BMI
- Waist measurement
- Body fat percentage
- Exercise behaviour
- Lifestyle satisfaction questions
 - Daily stress levels
 - Work life balance
 - Daily energy levels
 - Sleep



Support for your people

At their appointment:

- ✓ Confidential 1-2-1 appointment
- ✓ Instant results
- ✓ Personal report presented in an easy to understand traffic light format
- ✓ GP referral letter, if required
- ✓ Advice for making positive lifestyle changes

Alternative screening programme options:

- 10-minute 'MOT checks' - 36 appointments per day
- 15 minute 'health checks' - 28 appointments per day

Your programme report

Your lifestyle assessment programme report is delivered within 10 working days following the last day of your programme and includes:

Engagement

- Participation levels
- Your people's feedback


Group aggregated profiles

- Overview in traffic light guide format
- Comparisons versus the 'average population'
- Analysis by separate sites if required

Recommendations

- Identifying your health priorities based on the proportion of your people that need to take action

Health profiles



Summary - group aggregated profiles

Physical health profiles

HEALTH PARAMETER	APPARENTLY HEALTHY	BORDERLINE	AT RISK
Body mass index	38%	31%	31%
Body fat percentage	23%	31%	46%
Waist size	39%	15%	46%
Blood pressure	77%	8%	15%
Total cholesterol	84%	8%	8%
Blood glucose	84%	8%	8%
Exercise	23%	62%	15%


GP referrals

HEALTH PARAMETER	Total referred (no.)	Total referred (%)	Already aware	Identified for the first time
Blood pressure	2	15%	50%	50%
Total cholesterol	1	8%	0%	100%
Blood glucose	1	8%	0%	100%

I WILL*
*stay healthy

Lifestyle satisfaction

LIFESTYLE PARAMETER	SATISFIED	DISSATISFIED
Daily stress	85%	15%
Work life balance	69%	31%
Daily energy	62%	38%
Sleep	54%	46%



Coaching your people to live well, work well and achieve more