

# PRE-HEALTH CHECK INFORMATION SHEET

**A Health Coach/Occupational Health Technician will be on-site to provide Lifestyle Checks. They are provided free to all employees and your participation is purely voluntary.**

## **What will be included in my Lifestyle Check?**

Your Lifestyle Check appointment will last 20-minutes and will include measurements of:

- Blood pressure
- Height, weight and body mass index
- Body fat percentage
- Visceral fat score
- Waist measurement
- Total cholesterol
- Blood glucose
- Lifestyle questions

The visiting Health Coach conducting your Health screening will provide you with a results sheet at your appointment, discuss your results with you and provide you with some simple guidance as to what actions you can take.

## **Who is conducting the Lifestyle Checks?**

Our chosen provider is Wellbeing4business Ltd. They are an Occupational Health and Wellbeing provider with significant experience in the provision of these types of services to UK organisations and businesses.

## **Who sees my results?**

Only you will see your results – they are completely confidential. The Trust will not have access to any individual test results.

## **What happens if something ‘bad’ is found?**

You will be offered advice by the Health Coach and advised to see your GP. The Health Coach will provide you with a letter to take to your GP, identifying the area of concern and the result of the test concerned.

## **Will I need to do anything before my Lifestyle Check?**

No, just turn up to your appointment on time. \*\* Please bring a pen & your results sheet if provided by your employer.

## **Does the cholesterol or glucose test require a full blood sample?**

No, only a couple of droplets of blood are required which are taken using a simple and painless finger prick procedure. The blood droplet is immediately analysed and your results are produced within a minute.

## **Do I have to fast (abstain from eating) before my glucose and cholesterol test?**

No, these are non-fasting checks to provide an indication of potentially raised total cholesterol and/or glucose levels. If levels are raised you will be referred to your GP for a fasting check to be absolutely sure of the result. Even though it is a non-fasting check what you eat on the day of your test may have an effect on your result. To help in establishing as accurate a measurement as possible do not eat a full, heavy meal 2-3 hours before your appointment – If eating is necessary try to eat a light meal, 2-3 hours before instead, and drink water rather than caffeine-based drinks or fruit juice.

## **Are any special preparations required for the body fat percentage test?**

The body fat percentage test is designed to provide an estimate of your body fat levels only and your reading can change during the day based on how the water content in your body changes during the day.

For the most accurate reading:

- Refrain from eating for 2 hours before the test and don't drink a large amount of water before your test.
- Don't participate in vigorous exercise immediately before your test.
- Avoid testing immediately after taking a bath or sauna.
- Do not drink alcohol for 12 hours prior to your test.

## **What will I need to do after my Lifestyle Check?**

Depending on your own individual needs and results the Health Coach will provide you with guidance on the types of things you should consider and your next steps.

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