

# WHAT TO EXPECT AT YOUR HEALTH CHECK

Health checks are conducted at your place of work by our qualified and experienced technician, so that you have a stress free experience.

## ■ WHAT HAPPENS DURING THE HEALTH CHECKS?

For our Baseline Checks, you will be asked to remove footwear (*shoes and socks/tights/stockings*) and stand on the biometric scales. This will give us all the measurements we need when adjusted to your personal height, gender, age and activity levels. Quite simply, that's it!

For the Heart Check we require a pin-prick of blood from a finger, and for the Lungs test we need you to blow into a cardboard tube.

## ■ HOW LONG WILL THEY TAKE?

We tend to allow 30 minutes per person – the Baseline Check takes 5-10 minutes (*depending on how many questions you ask*), followed by the Heart and Lungs Test which takes approximately 20 minutes.

## ■ WHERE DO WE DO THE HEALTH CHECKS?

Preferably in a small meeting room or in an area which can be screened for privacy.

## ■ WHAT DO I NEED TO WEAR OR PREPARE FOR THE CHECKS?

Everyday clothing is fine, although you may wish to remove heavier clothes and empty pockets prior to standing on the scales. We will ask you to remove your shoes and socks/tights/stockings.

## ■ WILL IT HURT?

For the Baseline Checks, absolutely not – you won't feel a thing unless you find the scales cold to stand upon. For the blood tests we draw a single drop of blood using a simple finger prick test, but it's barely noticeable.

## ■ WHAT INFORMATION WILL I BE GIVEN?

You will be given a sheet with all of your results listed and if necessary, a recommendation to see your GP if the results warrant further investigation.

## ■ WILL MY RESULTS BE CONFIDENTIAL?

Yes, we may collect statistical information but your personal details or results will not be shared, neither will they be linked to your name, made public or shared with anyone including your employer without your specific permission.

## ■ WHAT DO I NEED TO DO IF I HAVE CONCERNS FOLLOWING THE HEALTH CHECKS?

If your health check flags up any potential issues or worries, always seek advice from your GP or Private Health provider.

**NB:** These readings are intended only as a reference, and will never override or supercede any advice or instructions from your GP, Practice Nurse or medical consultant. If in doubt, always seek medical advice.