



PRODUCT SHEET

# Health Check-up

## What?

The Health Check-up is a preventive medical examination of your employee's physical health. Afterwards, your employee will receive a personal report with results and health advice. If at least 50 employees participate in the Health Check-up you can receive a group report for your organisation with a global result and specific advice regarding your health policy.

During the Health Check-up we respect the medical oath and your employees' privacy.

## Why?

Vital employees are full of energy and are less likely to be absent. Physical health is an important foundation for your employees' vitality. A preventive medical examination can highlight potential health risks and diseases – such as cardiovascular ailments – at an early stage. Using the results of the Health Check-up, you and your employees can take specific action to limit the health risks.

## Who?

The Health Check-up is suited to all organisations wishing to boost the vitality of their employees with a targeted approach based on objective data about the physical health of your employees.

## How?

A Health Check-up is conducted in 6 steps:

### Step 1: start discussion

Together we discuss how we will approach the Health Check-up in your organisation.

### Step 2: registration

We provide a registration form that can be transferred to your employees. Once the registrations are complete, you provide us with an overview of the participants. On this basis, we determine the data and locations for the examinations.

Important: we require at least 50 Health Check-ups to process your employees' examination results in an anonymous report tailored to your organisation. The more participants you gather, the more precise the global analysis will be. So it is really worth encouraging as many employees as possible to participate in the Health Check-up.

### Step 3: confirmation of appointment

Your employees receive a confirmation of their appointment by e-mail containing all practical info and a medical questionnaire that they must complete and bring with them to the examination.

### Step 4: Blood collection

Our nurse will come on site at your company for a blood draw from enrolled employees.

### Step 5: Health Check-up

The employee reports to the Mensura Vitality centre 15 minutes before the start. The Health Check-up – performed by a physician and a nurse – comprising the following tests:

- discussion of the medical questionnaire;
- biometry (measuring weight, length, Body Mass Index (BMI) and abdominal girth);
- blood pressure measurement;
- eye test;
- spirometry (measuring the lung capacity);
- urine examination in order to investigate :
  - red and white blood cells and platelets
  - iron levels
  - liver
  - kidneys
  - thyroid
  - sugar levels
  - cholesterol
  - inflammation parameters;
- cardiovascular screening: electrocardiogram at rest.

Following the tests the physician discusses those results that are immediately available and health advice with the employee. If necessary, the physician refers the employee to a general practitioner or specialist.

Within 4 weeks after the Health Check-up, the employee receives a personal report in the post containing all results and recommendations.

### Step 6: feedback

If at least 50 employees have taken part in the Health Check-up, we can make an anonymous group report. We also discuss specific advice regarding your health policy.

## Result

The Health Check-up gives you a clear picture of the physical health within your organisation. The group report (as from 50 check-ups) gives you objective insights for a targeted vitality policy. Our experts give you advice and support in its development.

Thanks to the personal report, your employees learn more about their physical health. Their results create the basis for tailored health advice. If necessary, the physician will refer your employee to a general practitioner or specialist.

## Practicalities

The Health Check-up is carried out in one of our Mensura Vitality centres. Most centres have parking facilities. Parking is available in the vicinity of the centres in Brussels. View all locations on our website.

We ask the employee to register 15 minutes before the start of the examination.

The Health Check-up takes 60 minutes.

### **Pack Cardio: exercise test on the bike**

As an **extension** to the Health Check-up, Mensura offers the Pack Cardio: an exercise test on the bike accompanied by a sports doctor.

During this test, the heart has to work harder. In the process, the heart needs more energy and oxygen. As a result, abnormalities become more visible. With an exercise test, the blood flow in the heart muscle can be assessed during exercise.

Especially for employees from 50 years of age, the Pack Cardio is highly recommended.