



# Occupational Health Consultancy

Supporting Healthy Business



# Wellbeing

## Our Wellbeing Programmes

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### Tier One

Know your numbers

- 10-Minutes per session
- Blood pressure check

2

### Tier Two

Basic MOT

- 15-Minutes per session
- Blood pressure check
- Total cholesterol check
- Blood glucose assessment

3

### Tier Three

Lifestyle check

- 20-Minutes per session
- Blood pressure check
- Total cholesterol check
- Blood glucose assessment
- Body mass index calculation, using height and weight
- Short report

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### Tier Four

Lifestyle check and discussion

- 30-Minutes per session
- Blood pressure check
- Total cholesterol check
- Blood glucose assessment
- Body mass index calculation, using height and weight
- Short report and discussion

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### Tier Five

Full MOT

- 60-Minutes per session
- Blood pressure check
- Total cholesterol check
- Blood glucose assessment
- Body mass index calculation, using height and weight
- Body fat percentage
- Waist to hip ratio
- Sleep assessment
- Perceived stress levels
- Smoking and alcohol consumption
- Detailed report

## Caring for your employees

Show your employees you care. Our wellbeing programmes promote healthy living and can make your staff feel happier and more valued. We've got five different options for you to choose from, so no matter the size of your business, we will have something right for you.

## Get in touch

Our occupational health services can increase productivity and help employees feel more valued. To find out more, get in touch – we'd love to hear from you!

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