



PRODUCT SHEET

# Lifestyle Screening

## What?

The Lifestyle Screening is a preventive screening of your employees' lifestyles.

Themes such as diet, exercise, sleep, smoking, stress and the use of alcohol are addressed.

After the screening, your employees are sent, via the post, a personal report with their results and relevant lifestyle advice. If at least 20 employees participate in the Lifestyle Screening, you will receive a group report for your organisation with a global result and specific advice regarding your health policy.

Throughout the Lifestyle Screening process, we respect medical confidentiality and your employees' privacy.

## Why?

Physical and mental health are crucial for the vitality of your employees. However, research has shown that, biologically speaking, the working Belgian is on average 6.1 years older than his or her actual chronological age. An unhealthy lifestyle due to smoking, a lack of exercise, unhealthy diet, insufficient sleep and stress is often the cause. The chance of health problems, illness and premature death all rise as a result.

As an employer, you can focus attention in your organisation on promoting a healthy lifestyle. A first concrete step in that direction is to map out the lifestyles of your employees.

## Who?

The Lifestyle Screening is suitable for all organisations wishing to promote their employees' vitality using a targeted approach based on objective data.

## How?

A Lifestyle Screening in your organisation is conducted in 5 steps:

### Step 1: Start the discussion

Together we discuss how we will approach the Lifestyle Screening in your organisation.

### Step 2: Registration

You ask the employees that are interested to register for the Lifestyle Screening. Once the registrations are complete, we agree on dates and locations for the screening.

Important: We require at least 20 Lifestyle Screenings in order to compile your employees' screening results in an anonymous report tailored to your organisation. The more participants you gather, the more precise the global analysis will be. So it really is worth encouraging as many employees as possible to participate in the Lifestyle Screening.

### Step 3: Confirmation of appointment

Fourteen (14) days in advance, your employees will receive an appointment confirmation e-mail containing all the practical info. At that time, they will also receive a questionnaire that they must complete and bring with them to the screening.

### Step 4: Lifestyle Screening

The screening – conducted by a Mensura Lifestyle Advisor – consists of:

- a discussion of the completed questionnaire;
- biometry (weight, height, Body Mass Index (BMI) and waist circumference measurements);
- blood pressure and pulse measurement;
- a finger prick to measure cholesterol;
- a finger prick to determine the glycemic level (diabetes).

### Step 5: Feedback & report

After these measurements are made, the Lifestyle Advisor discusses with the employee the results and the health advice provided in the areas of exercise, diet, sleep and substance use. If necessary, the adviser refers the employee to a general practitioner or specialist.

Within 3 weeks, the employee receives a personal report in the post containing all results and recommendations.

If at least 20 employees have taken part in the Lifestyle Screening, we can generate an anonymous group report for your organisation. We also discuss specific advice regarding your health policy.

## Result

The Lifestyle Screening provides you a clear picture of your employees' lifestyles. The group report (20 or more screenings) forms the basis for a targeted vitality policy in your organisation. Our experts give you advice and support in its development.

Thanks to the personal report, your employees learn more about their lifestyles. Their results create the basis for tailored lifestyle advice.

## Practicalities

We can perform the Lifestyle Screening:

- at your company (To do this, we need a room with a Wi-Fi connection and sufficient privacy.);
- in one of our Mensura Vitality centres (Check the locations on our website).

A Lifestyle Screening takes approximately 45 minutes.