



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 5 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: 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);

- blood and 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 consisting of two parts:
 - electrocardiogram at rest
 - effort test (cycling test).

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 5: 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 employee must eat nothing and drink only water for at least 3 hours before the examination. After the blood and urine tests, the employee will be offered something to eat and drink.

The Health Check-up takes 60 to 90 minutes.