

HEALTHCHECK: Online personal health assessments

BUSINESS CASE

HealthCheck sits at the base of any serious investment in Health and Wellbeing. It is a simple, proven, robust and cost-effective process.

1. Individual benefit

Individuals able to collect confidential, meaningful personal health information that motivates for practical, evidence-based health improvement. For some it is life saving; for most life enhancing!

2. Organisational benefit

The organisation offers a confidential, voluntary and personally enriching employment benefit. While protecting individual information rigorously, the organisation can audit resilience, health and stress & fatigue risk across the organisation and its parts. This data allows for specific targeting of key health concerns and interventions that fit your specific needs.

WHAT IS INVOLVED?

The Resilience Institute offers a secure, on-line health assessment programme. With 128 bit encryption and bank-level security, people create their own secure health profile which is available for updating and monitoring over time. It is renewed annually.

Step 1: Introduction

One of our consultants supports internal communication with a face-to face meeting with each group that participates. We underline the principles of self reliance, voluntary participation, confidentiality and security. This is a call to action!

Step 2: Clinical assessment

Using our consultants or local providers we will arrange assessments for groups of 10 to 40 people usually between 7.30 am and 10am. The blood tests are done fasting and assessment takes place in a safe, private and non-threatening way. Each assessment takes 12 minutes.

Step 3: Data collection, entry and reporting

Participants receive their information in a sealed, confidential envelop with instructions on how to create their own secure site. Data entry takes about 15 minutes. Their personalised report is available immediately for electronic storage or printing.

Step 4: Feedback and Education

We strongly encourage participants to attend our Health Education workshop within two weeks of the assessment. With their own results in hand, this session helps each person understand risk factors, define a course of preventative action and creates a “burning platform” for improved self management.

ASSESSMENT DETAIL

HealthCheck provides an assessment and feedback on:

- ✓ Family, personal and lifestyle health risk profile
- ✓ Exercise and Nutritional assessment
- ✓ Stress and Resilience assessment
- ✓ Fatigue and Sleep assessment
- ✓ Clinical measures (BP, pulse, weight, lung function and blood profile)
- ✓ An assessment of readiness for change
- ✓ A personal and confidential health risk assessment
- ✓ Guidelines on corrective action

Clinical measures

- ✓ Blood pressure and pulse
- ✓ Peak Flow (lung function)
- ✓ Waist hip ratio and Body Mass Index guides to weight
- ✓ Fasting cholesterol, triglyceride, HDL and LDL cholesterol
- ✓ Fasting glucose (blood sugar & diabetes)
- ✓ Ferritin (iron) for women and Uric acid (gout) for men

Optional Executive Checks

Homocysteine, s C-Reactive protein, Insulin, lipoprotein 'a'

Health information is held subject on Privacy and Health Information legislation. It is confidential between you and the clinical staff at The Resilience Institute or a chosen health provider. Participants can safely store personal health information and track progress over time. Each assessment gives the participant access to the tool for follow up for one year.

WHAT WE NEED FROM YOU?

Health Assessments cross into the domain of personal lives. While we, and many leaders, believe this to one of the top investments you can make in your people, it should not be taken lightly. People need adequate warning, assurance of confidentiality and a caring approach throughout the process. The initiative must be well grounded within existing cultural aspirations and your human capital strategy. It needs follow up and internal support.

To achieve the efficiencies that allow us to offer a competitive price we need to schedule HealthChecks efficiently. Adequate warning, on-time attendance and availability of two private spaces are essential ingredients. This will require some internal administration.

Please contact us for more information.