

Workplace Health & Wellbeing Services



Pulse
health screening



WORKPLACE HEALTH AND WELLBEING

Pulse Health Screening offers a unique health and wellbeing service to small and medium sized companies of one to 100 employees, within a 25-mile radius of Bedford, UK.

In the competitive world of business, a company has to rely on the wellness of the workforce to operate to its full potential. If a number of employees are affected by ill health, productivity will be significantly disrupted. This can prove to be catastrophic for smaller companies with only a few members of staff.

We specialise in providing small to medium-sized companies with similar opportunities to their larger competitors by offering a personalised health and wellbeing service at a price to suit all budgets. This includes a variety of health checks and talks designed to help and encourage employees to adopt healthy lifestyles.

If you are looking to improve the health and wellbeing of your staff, check out our range of services in this brochure. We can also arrange tailor-made programmes for special circumstances or events.

All health screening services offered by ***Pulse Health Screening*** are tax deductible and exempt from V.A.T.

There was a reduction in absenteeism of between 12% and 36% among participants in Workplace Health Promotion (WHP) programmes in the US. Every US Dollar invested in WHP brought a Return on Investment (ROI) between \$2,5 and \$4,8 due to reduced absenteeism costs. The ROI for medical costs amounts to \$5,9.

European Network for Workplace Health Promotion (ENWHP)



Employees who consider their workplaces to be “healthy”, do not only have a lower rate of absenteeism, but statistically show a significantly higher level of job satisfaction and work-morale and are less likely to change their job.

European Network for Workplace Health Promotion (ENWHP)

OUR SERVICES

“Almost one in two men and women die from heart attacks or strokes. One man in four will have a heart attack before retirement age and a quarter of all deaths from heart attack occur in people under the age of 65. For women, heart disease and strokes are second only to cancer as the leading cause of death between the ages of 35 and 54.”
(The H Factor; Patrick Holford & Dr James Braly; p77)

These statistics highlight the fact that a significant number of diseases are diagnosed during the working lives of men and women. If caught in the early stages, treatment for common conditions such as heart disease, diabetes and cancer can be life-saving.

If you are a forward-thinking company and wish to demonstrate your duty of care to your staff, **Pulse Health Screening** is able to assist you by offering a range of health and wellbeing services.

Our unique health and wellbeing package offers a personalised service by a Registered Nurse with an emphasis on health promotion and disease prevention.

The health checks provide each employee with a risk assessment of their current health and fitness status, using the latest medical devices.

Each employee receives a comprehensive booklet with individual diet and lifestyle recommendations and a record of their test results. In the event that an employee’s test result indicates further investigation, such as a raised blood pressure reading, they are provided with a letter to take to their General Practitioner.

Each employee is given a contact number for the screening nurse should they need to discuss their assessment later.

Employee Health & Wellness Check

The health check takes approximately 15 - 20 minutes per person and includes:

- Health questionnaire
- Blood pressure check
- Pulse check for rate, rhythm and strength
- Body Mass Index Score
- Waist measurement
- **CardioCheck™** Artery Stiffness Test
- Diet and Lifestyle advice



Employee Health and Wellness Follow-Up Check

The follow-up health check is recommended six months to one year after the first check to assess any improvement or deterioration in the employee's health. It includes the same measurements of health as before. The nurse discusses any changes and provides further diet and lifestyle advice.

The CardioCheck™



This revolutionary medical device measures the elasticity of the main arteries. If the arteries are stiffer than normal for a person's age, it indicates that they are at increased risk of cardiovascular disease. The earlier this is detected, the sooner appropriate treatment and lifestyle measures can be introduced which may help to prevent a future heart attack or stroke.

WHAT OUR CLIENTS ARE SAYING

"I thought the blood pressure check etc were very good. I like the fact that the testers spent quite a bit of time on each test, explained what they were doing and what the results meant. Also like the amount of advice they gave us. I found it very useful and well worth the time."

"I have struggled with a health issue for some time and wasn't getting anywhere with my doctor. Sue gave me information on healthy diet and lifestyle to help my condition and I am still benefiting from that advice several months later."

"I feel sure that you have saved my life. My first CardioCheck™ reading showed my arteries were as stiff as someone 20 years older than me. By implementing your recommendations for diet and lifestyle and taking specific supplements, I am delighted that after 3 months, my arteries have returned to normal for my age and I feel great!"

Health and Wellness Checks for Sole Traders, Partners or Key Staff

If you are a sole trader or partner, you may find it difficult to set aside time to assess your health. However, you should ask yourself what would happen if you became unwell from a condition caused by the stress of running your business.

We offer a choice of two health and wellness checks for you and your key staff. The first is the **Cardiovascular Health Check**, which takes 30 to 40 minutes and the second is the more detailed **General Health Check**, which takes one and a half hours.

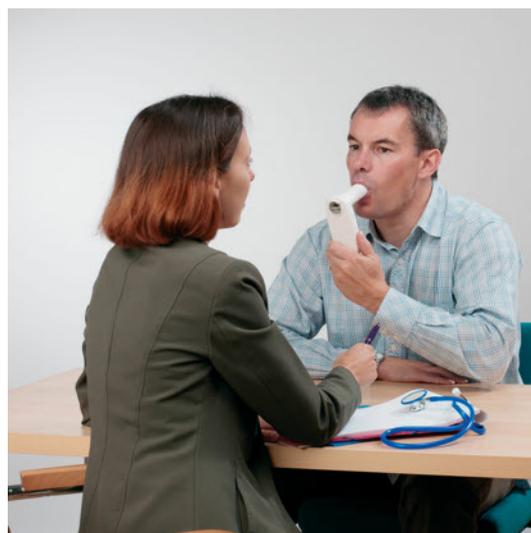
These health checks can be delivered at your office or your home, at a time convenient to you.

The **Cardiovascular Health Check** includes:

- Health questionnaire
- Blood pressure check
- Pulse check for rate, rhythm and strength
- Body Mass Index Score
- Waist measurement
- **CardioCheck™** Artery Stiffness Test
- Diet and Lifestyle advice

The **General Health Check** includes:

- General Health questionnaire
- Blood pressure check
- Pulse check for rate, rhythm and strength
- Urine Test for glucose, ketones and protein
- Body Mass Index Score
- Waist measurement
- **CardioCheck™** Artery Stiffness Test
- **PulmoLife™** lung function test
- Diet and Lifestyle advice



PulmoLife™ Lung Function Test Device

"Sue undertook a full health screening on me last month and I'm delighted that she did. She undertook a full range of tests and discovered that I had a couple of health issues which I had been blissfully unaware of. Sue was very proactive in explaining exactly what the issues were and giving me advice around how my diet and lifestyle affected these issues. I would recommend Sue and Pulse Health Screening without hesitation."

"An excellent service conducted by excellent people. Can I have another session in six months to see if things I have adopted from today's session have had the desired results? Thank you for arranging everything to happen."

"The blood pressure check was great. I found Sue Bedford really helpful and gathered a lot of advice from her after finding out that I was at risk. I have since been very aware of what I am eating and am really happy that I went there. The booklet and information given was very useful and well received."



In Finland it has been demonstrated that every 1 Euro invested in programs for maintaining work ability brings a return of € 4 to € 6 in productivity

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Drivers Health Check

If you rely on your employees to use their car or a company vehicle as part of their job, you have a legal duty of care to ensure they are fit to drive. This is especially important if they drive to meetings with colleagues or to make deliveries of products. These drivers are known as the **Grey Fleet**.

Employees who regularly drive as part of their job do not have to undergo the medicals required by HGV drivers. Nevertheless, it may be prudent to offer a **Drivers Health and Wellbeing Check** to the employees who regularly drive for your company.

Each consultation takes around half an hour and consists of a relevant health questionnaire, the same health measurements as the **Employee Health and Wellness Check** plus a urine test and a respiratory health test.

Breast Health Check

With Breast Cancer rates rising in the UK and now affecting younger, employment-age women, a **Breast Health Check** may be a service that your female employees would find helpful.

Each consultation takes around half an hour per person and consists of a questionnaire about breast health and significant medical and family history to ascertain breast cancer risk, a demonstration of how to check for a breast lump using a breast model, plus diet and lifestyle advice that may help reduce breast cancer risk.

The **Breast Health Check** may also be included as part of a Health Awareness Day at your company premises, which includes a lunch time talk to staff about breast health. See next page for details about the talk entitled "How to Keep Your Breasts Healthy".





HEALTH TALK TOPICS

Health Promotion Talks

Our health and wellbeing package also includes practical talks about common health issues. These are aimed at helping the staff to understand why certain lifestyle practices can lead to chronic conditions such as heart disease and diabetes, and how making simple changes may significantly improve their long-

term health at home as well as at work.

The talks can be included as part of a company Risk or Health Awareness event in conjunction with other providers or they can be offered to staff during their lunch break. A healthy buffet lunch can also be provided for an additional fee.

Between 10% and 15% of participants in smoking cessation programmes succeeded in giving up smoking. 26% of participants in programmes on weight control were able to maintain their weight 12 months after the programme had finished.

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Additional Services

Additional services can also be offered, through our alliance with other health and wellbeing companies, to enhance our overall package. These include Breast Screening using Thermal Imaging, Smoking Cessation, Fitness and Exercise programmes and Seminars on Nutrition and Healthy Living.

Healthy Eating

We hear so many conflicting views in the media on what we should and should not eat. The talk is based on a number of highly regarded studies and articles which should help to remove some of the confusion.

A Healthy Heart

This talk provides an explanation about heart disease, common risk factors and how we can reduce our risk through simple lifestyle measures.

How to Keep Your Breasts Healthy

This talk provides an explanation of the different types of breast cancer, common risk factors and up-to-date information on steps we can take to reduce our risk.

Food Allergy and Intolerance

This talk explains the difference between an allergy and an intolerance and gives examples of the most common foods which are responsible. It includes information on how to identify and reduce symptoms of an intolerance.

Your Health - Your Future

This talk provides information on a variety of health issues affecting everyone living in the 21st Century. It encourages the audience to take more responsibility for their own health in order to avoid many of the degenerative diseases so prevalent today.

Women's Health

This talk covers many of the health issues affecting women of today including Breast Cancer, the Menopause, Osteoporosis and more.

Workplace Health & Wellbeing Services

Contact Pulse Health Screening to book a free demonstration of our Employee Health & Wellness Check or to discuss how we can help your business.

For more details, visit the Pulse Health Screening website.

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