

Staff Health Checks are coming to your workplace

Healthy Workplaces



As part of the Healthy Workplace Service your organisation is offering you the chance to have a free Health Check.

What's on offer?

All staff are able to have a private session which consists of blood pressure, height, weight, BMI and waist measurement. There will also be a chance to discuss other lifestyle choices such as physical activity, smoking and alcohol. If you are aged 40-74 you may also be eligible for a free cholesterol and blood glucose test, all done at the same time with instant results.

How to access your appointment?

Look out for details from your employer as to the day(s) we are attending your workplace. Contact the named person in your organisation to book an appointment.

Your information

The health check is simply for you. No information or personal results will be shared with your employer. We may ask to share some information with your G.P or any onward referral services, but this will be discussed with you and only done once we have received your consent.

You do not need to fast ahead of your appointment, in case you have a cholesterol or glucose test, as these are simple finger prick samples. You may want to avoid drinking anything with caffeine in shortly before your appointment as this could raise your blood pressure.