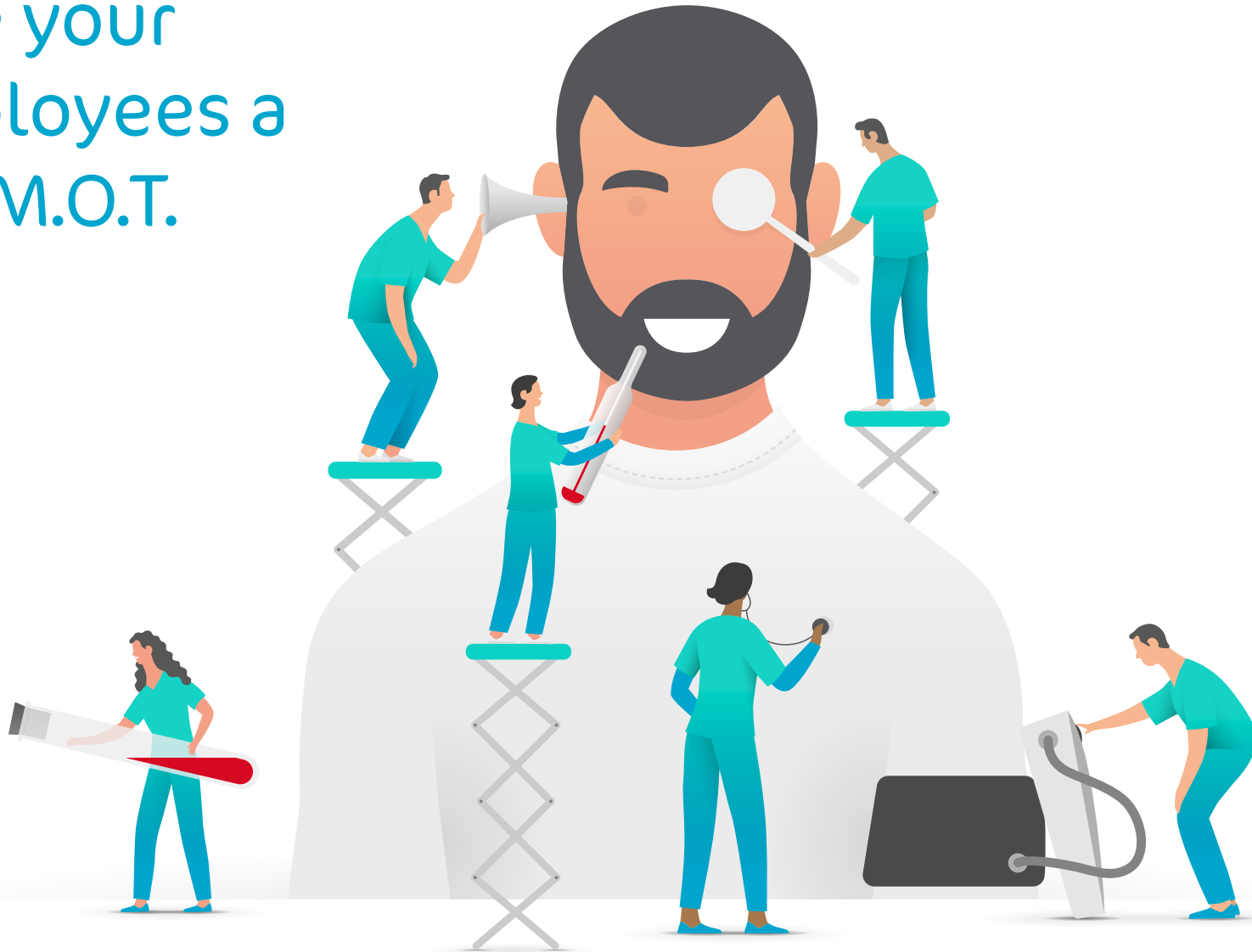




health shield

The best of health

Give your
employees a
full M.O.T.



A valuable benefit that lets your employees take control of their health.

Start your employees on their way to better health. Understanding their current health can lead to early diagnosis of more serious conditions that can be treated and managed.

Healthy employees are good for business.

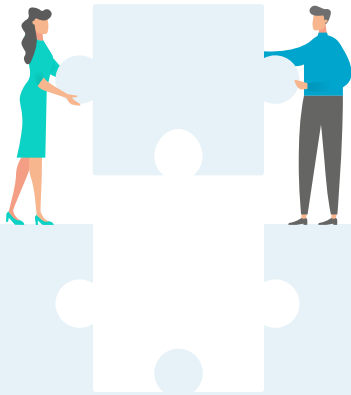
Looking after your employees helps your business grow. That's because un-checked ill health can lead to presenteeism and lengthy spells of sickness that can have a negative impact on business performance.



Employees that feel valued are happier and more productive.

Offering health screens as part of a benefits package shows your employees that you value their health and wellbeing.

You are taking a vested interest in how they feel and therefore in how they're performing at work. It's a win-win for your employees and your business.



Health Screens at a glance.

For employers:

- ✓ Carried out at work so there's minimal disruption to the working day
- ✓ Or carried out off-site anywhere in the UK, Ireland and Channel Islands*
- ✓ Choose from a range of tests
- ✓ Quick and easy to set up with support from practitioners.

For employees:

- ✓ Your employees are made to feel comfortable
- ✓ Latest screening technology means instant results
- ✓ A confidential report that gives employees an overview of their general health
- ✓ Support is available throughout the process.

*Additional costs subject to the location

The Lifestyle Health Screen.

Ideal for everyone in your business - it gives employees an overview of their general health and helps identify potential risks or areas for improvement.

- ✓ **Body Mass Index** – (BMI) refers to the relationship between body weight and height
- ✓ **Body Fat** – Contribution of your total body weight which is body fat
- ✓ **Visceral Fat** – A measure of body fat that's stored within the abdominal cavity. Measure can be an indication of Type 2 Diabetes, Heart Disease and certain cancers
- ✓ **Resting Metabolic Rate** – This is the number of calories your body needs to function effectively
- ✓ **Body Water Percentage** – Body water is the total amount of fluid in your body
- ✓ **Bone Mass** – Bone content is the percentage of bone mineral as compared to total body weight
- ✓ **Blood Pressure** – Test for systolic (highest) and diastolic (lowest) blood pressure readings
- ✓ **Total Cholesterol** – The total sum of good (HDL) and bad (LDL) cholesterol in your blood
- ✓ **Blood Glucose** – A test that can indicate Diabetes
- ✓ **HDL Cholesterol** – Measures the level of good cholesterol in your blood
- ✓ **Nutrition Review** – A review of your food intake to ensure you are getting the right mix of nutrients in your diet to keep you healthy
- ✓ **Lifestyle Review** – A review of your exercise, sleep and stress triggers to identify areas and techniques for improvement
- ✓ **Mental Health Signposting** – Valuable advice on where to find external support.

The Body System Health Screen.

If something more thorough is required, why not add the Body System Health Screen, consisting of 6 additional tests, to the Core Package:

- ✓ **Kidney Disease** – Blood and high levels of protein in urine can be indicators of kidney disease
- ✓ **Urinary Tract Infection** – Includes issues such as cystitis, urethritis and kidney infections
- ✓ **ECG** – The ECG looks at the consistency of the electrical current running through the heart
- ✓ **Cardio Fitness** – The step test will assess the impact of exercise on the ECG and also recovery rates of the heart
- ✓ **Liver Disease** – Bilirubin is a waste product that when excreted in urine is often an indication of liver disease
- ✓ **Lung Function** – Low lung function can be indicative of a respiratory issue such as asthma or COPD.



Bolt-ons.

Tailor your health screening by adding any number of the five following optional bolt-ons:

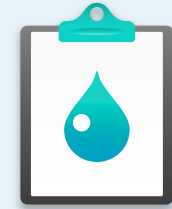
1 Over 40s

- Blood Oxygen** – Identifies low levels of oxygen in the blood, which could be due to asthma or low iron levels
- Thyroid Blood Test** – This test can indicate an over or under active thyroid
- Prostate Disease Blood Test (male)** – Indicates raised PSA levels, a protein in the blood that's common in prostate disease or cancer
- Haemoglobin** – Red Blood Cell Test – A test which shows iron levels in the blood.



2 Blood Tests

- Liver Profile**
- Kidney Profile**
- Lipid Profile**
- Thyroid**
- Prostate**



3 Bowel Cancer

A test that identifies blood in the faeces which can be an indicator of Bowel Cancer.



4 Osteoporosis

Osteoporosis is a disease of the bone that's most common amongst women.



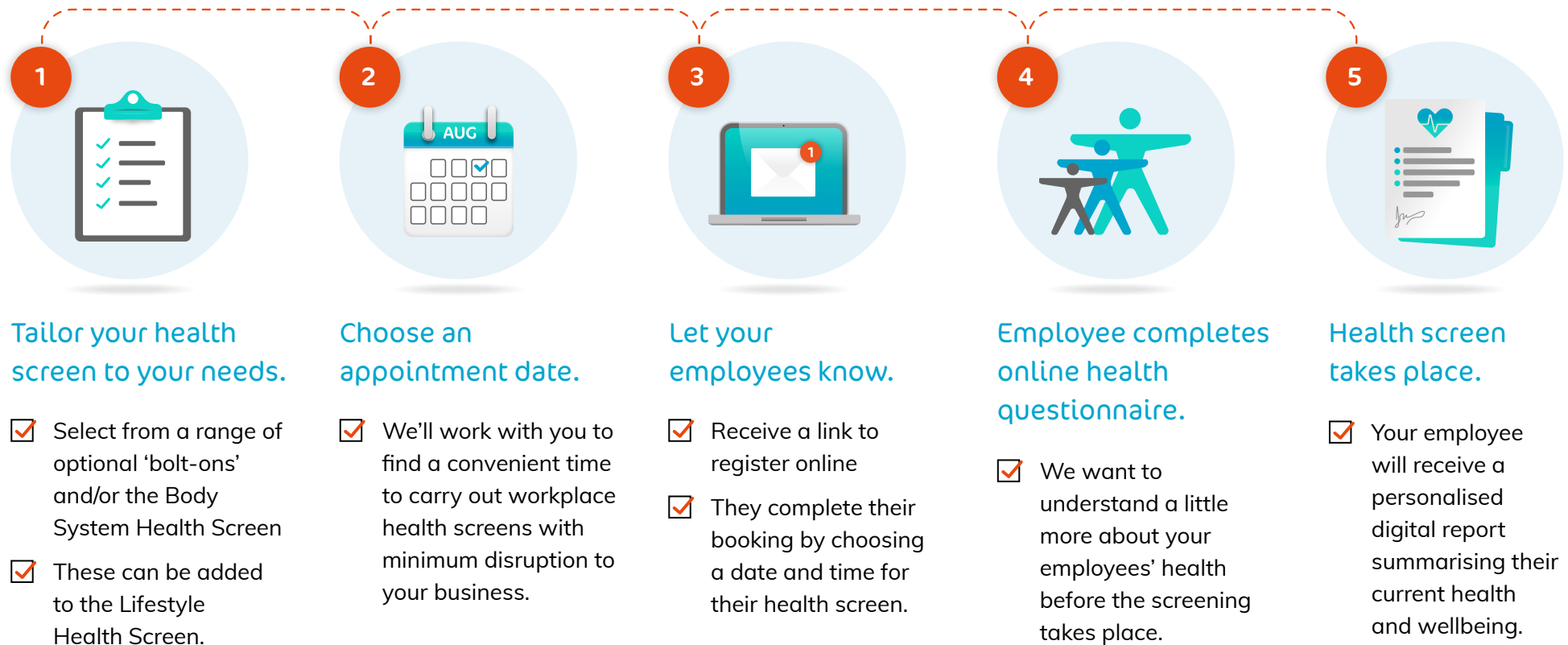
5 Heart Health

- High Sensitivity CRP** - An indication of inflammation, common in Heart Disease.
- Cardiovascular Cohesion Stress Test** - Assesses the relationship between the heart, respiratory and nervous systems.
- Arteriosclerosis** - Hardening of the arteries.



How it all works.

Offering health screening isn't just an easy way to show your employees how much you value them, they're easy to implement too. Here's how it works:



Keep your employees in the best of health.

Health Screens are a great way
to support workplace wellbeing.

Our health reports provide personalised and confidential insights to your employees. The outputs from the report can help employees make small changes to their lifestyle that can ultimately make a big difference to their health.

This can help lead to a healthier and happy workforce, increased productivity and reduced absenteeism. A win-win situation for all.

Let's talk health screens:

www.healthshield.co.uk/health_screens



Meet some of our members.

Today over 350,000 employees and their families benefit from our health solutions. We'd like to take this opportunity to introduce you to some of them.



Rebecca Craft
Marketing Coordinator
KK Foods



Paul Bryars
Business Travel Consultant
Selective Travel



Richard McCullogh
Bid Team Manager
Northstone NI



Debbie Carlile
Care Coordinator
Side by Side Care



David Owen
HR Manager
Cumbria University



health shield

The best of health

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