



Managing personal health and corporate wellbeing.



## Health Screening

As one of our key specialist areas, **Health Screening** provides employers and employees with an excellent opportunity to detect disease and health issues in their early stages. It is one of the most popular employee benefits available.

There are "full" screens, health and fitness screens, and those more specific, such as heart risk assessment, breast, cervical smear testing, prostate or osteoporosis risk checking. The providers of these services normally operate from their own specifically designed centres, using state-of-the-art diagnostic equipment, under qualified medical and clinical supervision.

A **Health Screening** or health assessment is an excellent way to understand your current health status and **wellbeing**, and can also help to identify areas of risk in the future, regardless of how healthy or unhealthy you may be.

In the UK alone, heart disease affects 2.6 million people; over two million have diabetes; one in five adults are obese and one in three people are likely to have cancer during their lifetime.\*

Any underlying health problems or medical conditions such as these can be more successfully treated when detected early, so regular **Health Screenings** could save your life. That is why regular health assessments are vital in providing a healthier future for employers, employees and their families.

**Most comprehensive Health Assessments** look for changes in test results before you become ill and include:

- **Physical examination and consultation with a doctor or nurse**
- **Medical history and lifestyle questionnaire**
- **A range of checks and tests for common medical conditions**
- **Opportunity to ask questions and discuss any specific health concerns**
- **Personalised health report**
- **Action plan with practical advice to help you minimise your particular health risks**

"We appointed Manage Health to facilitate the selection of our health and wellbeing services. They managed the entire process for us in a timely, effective, efficient and professional manner. Managehealth collated a huge amount of data on our behalf and presented it to us in a concise way, making it very quick and easy to understand and assimilate." Marston's PLC

Call Manage Health now or email us to discuss your wellbeing requirements and see what benefits we can bring to your organisation.

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## Health Screening

Types of Health Screening:

- Executive or Full Health Screening
- Well Woman Health Screening
- Well Man Health Screening
- Onsite Health Screening
- Pre- Employment Health Screening

### Executive or Full Health Screening

A health assessment or **health screen** gives you the opportunity to review your physical condition as well as your lifestyle. It provides you with a detailed picture of how healthy you are and enables you to take control and make decisions about your health for the future. **Manage Health** gives you access to a wide choice of health assessments. While each one caters for different needs, they are all based on the principle that early detection of illness means easier management of the problem or more successful treatment.

### Well Woman Health Screening

A specific **health assessment for women**, this gives the opportunity to seek reassurance regarding women's health issues by assessing breast and gynaecological health. It includes taking your medical history as well as a cervical smear, blood analysis, a thorough breast examination and mammography – recommended for women over the age of 40 annually, and every two years for women over the age of 50.

### Well Man Health Screening

This type of **health screen** will usually look at identifying the main risk factors for heart disease, with the opportunity to help you manage those risks for the future. Normally they include some form of coronary risk assessment, blood pressure measurement, respiratory function, prostate assessment and review of medical history.

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### Onsite Health Screening

For organisations with a large numbers of employees based at one location, **onsite Health Screening** can often be the solution. This can be delivered via a **mobile Health Screening** unit or by a nurse or trained technician coming to site and setting up within your premises. These types of health screens can prove to be most cost effective when looking at promoting health and **wellbeing** to your workforce. Don't have a budget for screening? Your employees are often happy to be offered the opportunity on a voluntary self-pay basis.

A personal report is provided to the individual, often with specific supporting literature based on personal health risks identified during the health screen. As an organisation you will receive anonymous amalgamated data to allow you to understand the health of your organisation, enabling you to make appropriate plans for future health initiatives.

### Pre-Employment Health Screening

Each organisation needs to ensure that all new employees are fit for the job they're being recruited for, and that the job will not have an adverse affect on their health. This procedure evaluates the wellness or fitness of an applicant's declared health, in relation to the hazards and risks of the job, environment or activities for which they are being employed.

Around 5 to 10% of all new recruits will have some medical complication. A Pre- Employment Health Questionnaire will help you to identify health problems early on, and protect those with issues such as diabetes, epilepsy, hypertension etc. It is typically carried out by a pre-employment health screen questionnaire, but may also involve further investigation via a medical for which an appointment is made for the prospective employee, usually with an Occupational Health Nurse or Occupational Health Physician. By finding you the best provider of this service, we link you in with a network of **Occupational Health** Physicians and Nurses who can provide a follow-up medical assessment if required.

Our fixed price quote means you know exactly what you will be paying and we can ensure that the administration process does not put additional pressure on your main HR responsibilities.

For further information including costs, **Manage Health** will discuss your specific requirements and offer you a range of solutions.

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