



Health and Wellbeing Programme

## Contents

<b>Health Screening</b> .....	3
“A Healthy you” .....	3
“Blood Pressure – Healthy Heart” .....	3
Output from the clinic.....	3
<b>Health Promotion</b> .....	4
Healthy Lifestyle .....	4
Summer Health .....	4
Vision awareness.....	4
Women’s Health Awareness .....	5
Men’s Health Awareness.....	5
Alcohol Awareness .....	5
<b>Commercials</b> .....	6
Price List .....	6
<b>Next Steps</b> .....	7
<b>Personal Profile</b> .....	8
<b>Employee Health Passport</b> .....	10

## Health Screening

### “A Healthy you”

This health check is a 15-minute one-to-one assessment that provides the individual with accurate personal results. During the appointment, the following health checks are carried out:

- Height
- Weight BMI / Hip to Waist
- Blood Pressure
- Cholesterol
- Blood Sugar
- Lifestyle questions and review

All employees are issued with a completed paper personal profile, and measurements are recorded. In the event that a referral to the GP is required, Collingwood Health will issue the appropriate GP referral note and guidance to the employee.

As part of the day, we supply various leaflets for employees to take away relating to a multitude of health conditions.

### “Blood Pressure – Healthy Heart”

Over 16 million people in the UK suffer from high blood pressure – that’s one in three adults. This is the major cause of stroke, heart attack and heart disease. One third of adults living with high blood pressure do not know they have it. Keeping blood pressure at a healthy level is important, as this can significantly reduce the risk of disability and even death. High blood pressure can be treated – even avoided – with regular blood pressure checks.

In addition to a blood pressure check, employees are given information pamphlets and advice on any follow up action, such as life style changes or referral to GP.

We can also run clinics for Cholesterol, Glucose and BMI.

### Output from the clinic

- Employees: we provide a “health passport” with any test results or health advice, which is confidential to the employee. We do not keep records of these clinic tests, as they do not form part of your employee’s health records.
- Employer: we provide an anonymised summary of the clinic day, particularly focused on trends, or health concerns.

- Referrals: we may advise an employee to visit their GP for specific advice. Or we may recommend further health tests or a referral to ourselves, if a work-related ill-health issue arises.

There are two choices to give employees the information they need:

- A no cost Personal Profile with health information for the employee.
- For a nominal fee, we will provide you with Trend Data, which comes with an accompanying employee Health Passport, as well as the Personal Profile.

There is an example of both of these options at the end of this document.

## Health Promotion

A range of Health promotion and awareness campaigns can be organised and held on site by a Qualified Occupational Health Nurse. The Health Promotion activities include a stand with interactive elements, as well as general advice and information. Health Promotion activities can be developed alongside any awareness campaign, or to support a company's wellbeing strategy.

## Healthy Lifestyle

This event will inform participants about the varying aspects of nutrition and exercise. This is an interactive face to face event between the individual and the health practitioner. Individuals attending the health promotion stand will be provided with their BMI and given advice accordingly.

Information pamphlets on nutrition, diet and exercise will be available.

## Summer Health

This event will inform participants of the dangers of too much sun exposure, provide information about different skin types, advise on what skin changes to look out for, and provide tips on how to enjoy the sun safely.

The event will include information about UV index, skin types, and tips on how to look after your skin in the sun. There will be an opportunity to discuss moles, risk factors specific to skin types, and what changes to look out for. Participants will also be given generic Summer Safe advice regarding insect bites, dehydration and sunburn.

## Vision awareness

This event will be an interactive face to face event. The individual attending the health promotion stand will be provided with information on the importance of good eye care and regular prescription eye test.

We will also provide Colour blindness testing and Key stone vision testing, as well as promoting any company scheme for free Eye Care alongside the other promotion activity.

### Women's Health Awareness

This is an interactive Health promotion event, designed to engage women to discuss related health issues and advice on how to self-examine. Information pamphlets will be available.

### Men's Health Awareness

This is an interactive Health promotion event, designed to engage Men to discuss related health issues and advice on how to self-examine. Information pamphlets will be available.

### Alcohol Awareness

This is an interactive face to face event between the individual and the health practitioner, the individual attending the health promotion stand will be asked to highlight units of varying spirits and or wine/beer. A comparison will be made to 'actual' Department of Health alcohol measures.

Varying manufacturers' lagers and beers will be available to discuss their Alcohol by Volume (ABV) and unit measurement.

Advice on Alcohol and Drugs, will be available and there will be an opportunity for staff to discuss the effects of alcohol abuse and its' impact on an individuals' overall health, family and communities.

## Commercials

Collingwood Health offers a well-rounded Health and Wellbeing programme that targets health promotion, health awareness, employee work wellbeing issues, prevention of absenteeism, increasing productivity, and creation of a culture promoting a caring business.

### Price List

What	Type	Medical Times	Cost per day
A Healthy you	Health Screening In addition: Cholesterol Test Glucose Test	15	£650.00  £8/each £8/each
A Healthy Heart	Health Screening	10	£650.00
Healthy Lifestyle	Health Promotion stand	NA	£650.00
Summer Health	Health Promotion stand	NA	£650.00
Vision awareness	Health Promotion stand	NA	£650.00
Women's Health Awareness – Breast Cancer	Health Promotion stand	NA	£650.00
Men's Health awareness – Prostate Cancer	Health Promotion stand	NA	£650.00
Alcohol Awareness	Health Promotion stand	NA	£650.00

Please be advised, consumables such as cholesterol and glucose, etc., have an additional charge of £8.00 per employee per test.

*We offer this exceptionally competitive price on the assumptions that:*

- *Prices are exclusive of mileage except where stated*
- *All prices exclude VAT; and*
- *All prices subject to solution agreement.*

## Next Steps

- Review the Pricing and Proposal;
- Agreement to proceed; and
- Dates agreed and programme rolled out.

## Personal Profile

### Personal Profile form

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

### Body Measurements

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Hip/waist ratio: \_\_\_\_\_

BMI: \_\_\_\_\_

Waist to Hip ratio: \_\_\_\_\_

Waist to hip is a better predictor of heart attack risk than the previously used BMI.

Hip to waist ratio is a more precise way of judging whether your weight is healthy. To work out the ratio, divide the measurement of your waist by that of your hips.

Men—Ideal ratio: <0.90

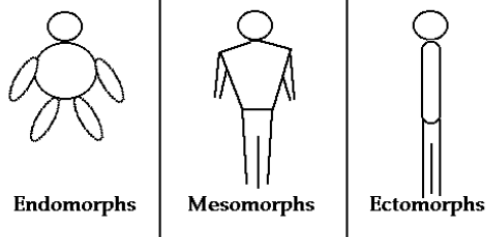
Women—Ideal ratio: <0.85

The higher the number of these values the greater risk of heart disease.

Obesity affects health in a number of ways. If you are obese, you are at increased risk of:

- High Blood Pressure
- Diabetes
- High cholesterol
- Having a heart attack
- Having a stroke
- Gall bladder disease
- Osteoarthritis
- Endometrial cancer

#### Sheldon's Somatotypes



### Cholesterol

Cholesterol Level: \_\_\_\_\_

Glucose Level: \_\_\_\_\_

Coronary Heart Disease (CHD) is the UK's biggest cause of death, killing some 500 people daily. Cholesterol, a waxy substance produced naturally by the liver, is a contributory factor in CHD. It causes the arteries to clog up, eventually leading to a heart attack. Some foods also contain cholesterol.

Fatty acids make up the fat in food. Depending on their chemical structure, they contain either saturated fats, or unsaturated fats.

A food described as "high in saturated fats" is mostly made up from saturated fatty acid units. Most saturated fats are found in animal foods such as meat and in dairy products. Saturated fats are converted by the body in cholesterol. The reading you have had today provides an indication of your total cholesterol level. It should be less than 5mmol/L.

### Blood Pressure

BP: \_\_\_\_\_

Guide: Normal blood pressure 150/90 or less

130

Systolic Pressure

The Pressure when the beat of the heart forces the blood around the body.

70

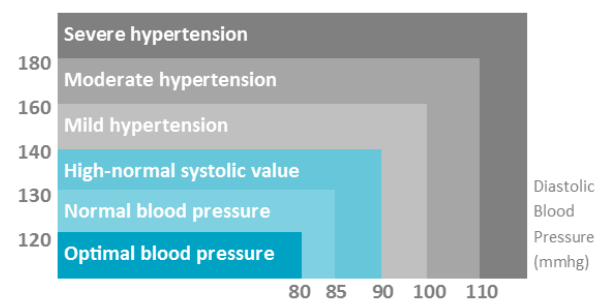
Diastolic Pressure

The lowest pressure. Occurs between beats.

Blood pressure is the pressure of blood in your arteries. You need a certain amount of it to keep your blood flowing.

High blood pressure develops if the walls of the larger arteries lose their natural elasticity and become rigid, and the smaller vessels become narrower.

Systolic Blood Pressure (mmHg)



According to the blood pressure classification by the WHO/ISH



## Self Examinations

Self-examinations are about knowing what is normal for you. They are also the best method of early detection. Check your skin, breast or testes monthly. The best time is usually after a bath or shower when the skin is warm and relaxed. Not all irregularities indicate a serious problem, but if you find any changes that worry you, consult a GP.

## Exercise and Flexibility

### Exercise

Any physical activity that raises your heart rate is useful exercise. If you can do this 2/3 times a week, it will:

- Benefit your health
- Stimulate your metabolism—enabling you to maintain or lose weight more easily
- Make your muscles stronger, particularly important for your heart
- Burn off unused adrenaline—relieves stress
- Reduce your risk of developing heart disease
- Reduce your risk of osteoporosis (brittle bones)

Find an activity that you enjoy and which you can fit into your daily schedule.

Do it often enough to raise your heart rate by 30–50% (breathless, but not gasping), to feel the benefits.

**Amount of Exercise per week:** \_\_\_\_\_

**Type of Exercise:** \_\_\_\_\_

### Fitter, Healthier, Leaner

#### Benefits

Weight loss  
Heart rate  
Flexibility  
Confidence  
Self image  
Energy  
Diet



#### Activities

Swim  
Cycle  
Team sport  
Aerobics  
Jogging  
Walking  
Use stairs

### Flexibility:

Flexibility is important as we get older, because it reduces the risk of joint and muscular injuries. Flexibility can be improved by gentle stretching.

## Diet

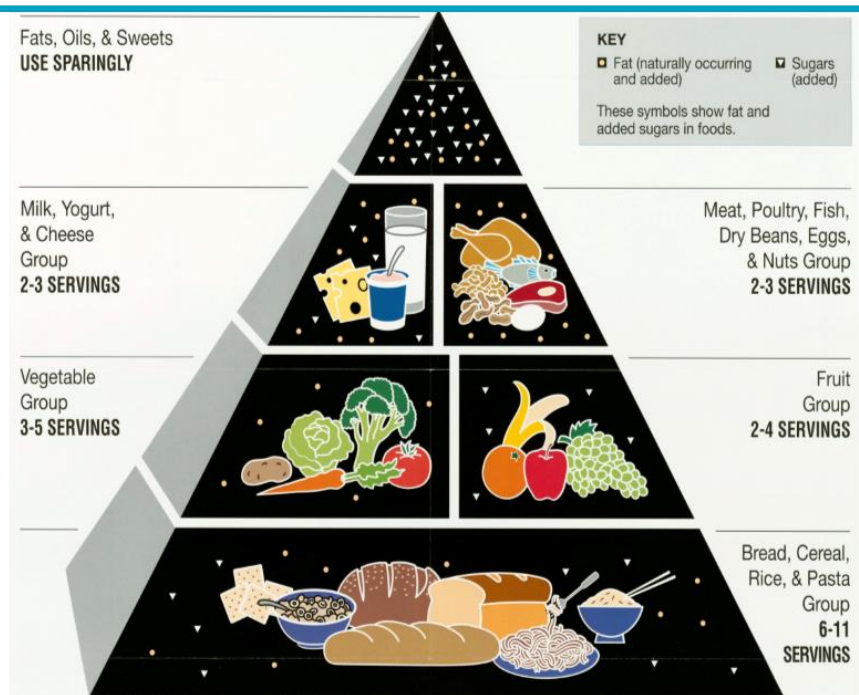
The **Food Guide Pyramid** is a practical tool to help you achieve and maintain a balanced diet.

#### Food Preparation Tip:

- Trim excess fat off red meat and remove fat from chicken and turkey
- Avoid frying, it is better to grill, steam or wrap

#### Choosing Food:

- Choose lean meat
- Use recipe combining meat with vegetables and pasta to get a balanced diet
- Use semi skimmed milk or other reduced fat alternatives
- Look for low fat alternatives
- Eat at least one portion of oily fish per week
- Have 6 pieces of fruit or vegetable a day



## Sleep

Sleep is as essential to you as food, air and water. Even missing a few hours can have an effect on your body. On average, 7-8 hours per night are needed. Sleep helps boost your immune system, makes you smarter, helps you look better, increases your concentration and makes you a nicer person.




## Smoking

Stopping smoking is simply the most important thing a smoker can do to live longer. Stopping is not easy. However, around 11 million people in the UK have had success. Being determined is the vital ingredient. Unpleasant Facts: Smoking is one of the major risk factors in coronary heart disease. Up to 19% of deaths from coronary heart disease are associated with smoking. Smoking has dangerous health effects: stroke, cancer of all parts of the body. It leads to peripheral arterial disease in the legs. It contributes to tooth decay, wrinkles, gum disease, impotence, discoloration of skin and smelly breath. Passive smoking has about the same effects as active smoking. Therefore it has become illegal to smoke in public areas in most of Europe and North America.

## Employee Health Passport

Outside elevation

Front Side elevation

	
Info@collingwoodhealth.com	Health Screening Checks & Wellman & Wellwoman

Inside elevation

<p>Know Your Number      Name.....</p> <table border="1"> <tr> <td>Blood Press</td> <td>Height</td> </tr> <tr> <td>BMI</td> <td>Weight</td> </tr> <tr> <td>Waist/Hip</td> <td>Waist</td> </tr> <tr> <td>Cholesterol</td> <td>Hip</td> </tr> <tr> <td>Glucose</td> <td></td> </tr> </table> <p>Nurse.....      Date.....</p>	Blood Press	Height	BMI	Weight	Waist/Hip	Waist	Cholesterol	Hip	Glucose		<p>Your Top Health Tips</p> <table border="1"> <tr><td>1</td><td></td></tr> <tr><td>2</td><td></td></tr> <tr><td>3</td><td></td></tr> <tr><td>4</td><td></td></tr> <tr><td>5</td><td></td></tr> </table>	1		2		3		4		5	
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