

*We recognise the importance of a healthy workforce and have extensive experience in helping employers optimise the health and well-being of their employees.*

## What are health and lifestyle assessments?

Part of Hobson Health's Wellness Programme, Health and Lifestyle Assessments are brief individual health assessments that are not associated specifically with the employee's job role.

## Why are they needed?

- Promoting good health in the workforce is likely to bring long term benefits in terms of reduced absence and retirement costs as well as improved productivity and performance
- By offering the assessments, employers demonstrate a caring approach to the health of their staff
- Perceived as a health benefit among staff
- Assessments are a useful component of a general approach to reducing the risk of long term health effects particularly of diabetes and cardiovascular diseases such as heart attacks or strokes.

## Who needs one?

- Typically, once the decision has been made by management to offer a general wellness programme, the offer to attend is open to all employees.
- Alternatively, employers may wish to hold a series of wellness sessions at various locations.

## How often are they needed?

This is at the employer's discretion and may be offered annually, 2, 3 or 5 yearly

## What is the process?

- You can contact any member of the Hobson Health team to discuss your requirements and to arrange a schedule of sessions and dates.
- Employers can specify which health testing might be offered
- General health and lifestyle questionnaires, blood pressure, cholesterol and urine testing (for diabetes and kidney function), body mass index calculation (BMI) are available.
- Depending on the level of testing offered, appointments may last between 10 and 30 minutes.
- Results are discussed with the employee and any recommendations made regarding lifestyle changes or if GP medical opinion should be sought.
- Employees are given a written record of the results.
- No reports are made to management regarding any of the results.
- The employer may be able to receive anonymous group results or findings

**For further information, or if you have any questions about health and lifestyle assessments, please call us on 01782 574200**

**[www.hobsonhealth.co.uk](http://www.hobsonhealth.co.uk)**  
**01782 574200**