



Health Assessments for Business

Help to keep your employees fit and well

Help employees be the best they can be

It's important to support your workforce's health and wellbeing to benefit both your employees and your business.

Benenden Health is proud to be partnered with Bluecrest Wellness, who encourage employees to take control of their health by empowering them with knowledge about their current health status. Founded in 2012, Bluecrest has considerable expertise in delivering high-quality, affordable health screening programmes, with a focus on conditions that can show no symptoms in their early stages and encourage employees to take action before they become serious. With tailored follow-up advice as standard, the health and wellbeing of your employees can dramatically improve.

This helps to keep your employees at their healthiest; reducing the chances of long term absenteeism and improving the chances of them being able to give their best every day.

By taking such a positive step, you could also help to create a more caring company culture, which could result in employees who are more committed to your values and feel more motivated to contribute to organisational success.

Health assessments designed around your business

- Our health assessments are suitable for all employees
- Choose from six different levels of health assessment
- You can build them into your own health and wellbeing days
- Simple to book in time slots via an online booking system
- They're conducted on your premises, causing minimal impact on the working day

Benefits for your business and for your employees

Our health assessments could help you:

- ✓ Create a business culture of positive health and wellbeing
- ✓ Reduce long term employee absenteeism
- ✓ Improve team motivation and morale
- ✓ Attract and retain talent
- ✓ Create a more informed health and wellbeing strategy

Our health assessments could help your employees:

- ✓ Identify warning signs of hereditary and hidden illnesses
- ✓ Reduce the risk of preventable conditions like heart disease and diabetes
- ✓ Feel more in control of their health and wellbeing
- ✓ Take positive steps towards healthier dietary and lifestyle choices
- ✓ Improve the quality of their life, now and in the future



Packages Overview

Our different levels of health screenings range from a simple entry-level check with Prevention Plus to a more detailed Premier + Early Cancer Risk package. All of our health assessments provide your employees with instant results and include a personalised health report.

There are six levels of health screenings available, see what's included in each package below:

Know Your Numbers

15 minutes

We'll send a Health Screening Specialist to deliver on-site health checks. Staff members will receive results on the day and the information they need to pro-actively manage their wellbeing.

Prevention Plus

30 minutes

Includes a fitness assessment (with pulse oximetry), blood tests for liver and kidney function, full lipid panel to check cholesterol levels and more.

Active

30 minutes

In addition to the Prevention Plus checks, your employees will also receive a resting ECG test which is important for understanding heart rhythm and identifying irregularities.

Core

30 minutes

Provides insight into the composition of your employees' blood with readings such as volume of red and white blood cells, haemoglobin content and platelet counts. Also includes a prostate (PSA) or ovarian (CA-125) cancer risk test.

Premier

30 minutes

Depending on the risk factors identified, your employees will be offered either a GP consultation, Cognitive Behavioural Therapy (CBT), Musculoskeletal triage or a session with a Nutritionist.

Premier + Early Cancer Risk

30 minutes

This assessment includes all of the Premier tests with an additional focus on the early diagnosis of cancer and seeking ways to reduce the risk of developing cancer in the future.

		●	●	●	●	●	●
Stroke & heart disease risk	Peripheral arterial disease assessment		✓	✓	✓	✓	✓
	Blood pressure	✓	✓	✓	✓	✓	✓
	Heart disease & stroke risk assessment	✓	✓	✓	✓	✓	✓
Biometric analysis	Body Mass Index, body fat percentage, visceral fat rating, basal metabolic rate, metabolic age, hydration status, fat free mass, bone mass, muscle mass, total body water %	✓	✓	✓	✓	✓	✓
Lung function	FEV1/FEV6, obstructive index, lung age (for smokers)		✓	✓	✓	✓	✓
Kidney function	Sodium, urea, creatinine, eGFR		✓	✓	✓	✓	✓
Liver function	ALP, AST, ALT, gamma GT, bilirubin		✓	✓	✓	✓	✓
Proteins	Total protein, albumin, globulin		✓	✓	✓	✓	✓
Bone health, energy & muscles	Calcium, corrected calcium, phosphate		✓	✓	✓	✓	✓
Gout check	Uric acid		✓	✓	✓	✓	✓
Diabetes	Glucose	✓	✓	✓	✓	✓	✓
	HbA1c					✓	✓
Iron	Total iron binding capacity		✓	✓	✓	✓	✓
Cholesterol status	Triglycerides, cholesterol, HDL cholesterol, LDL cholesterol		✓	✓	✓	✓	✓
	Total / HDL ratio	✓	✓	✓	✓	✓	✓
ECG check (15 point)	Heart rate, artificial pacemaker function, heart rhythm check for AF			✓	✓	✓	✓
	Pause; ectopics; heart Axis; P-wave morphology; PR interval; AV conduction; Q wave;			✓	✓	✓	✓
	QRS length; QRS shape, QTc interval; ST segment; T-wave morphology			✓	✓	✓	✓
Blood health	Haemoglobin, red blood cell / platelets count, haematocrit / mean cell volume, mean cell haemoglobin / concentration				✓	✓	✓
Immune system	White cell count, neutrophils, lymphocytes, monocytes, eosinophils, basophils				✓	✓	✓
Liver fibrosis assessment	FIB4				✓	✓	✓
24 Hour support	GP telephone helpline		✓	✓	✓	✓	✓
Cancer awareness & risk	Breast or testicular cancer awareness	✓	✓	✓	✓	✓	✓
	Skin and oral cancer awareness		✓	✓	✓	✓	✓
	General cancer awareness and lifestyle advice		✓	✓	✓	✓	✓
	Prostate / Ovarian cancer risk				✓	✓	✓
	Stomach cancer development (H Pylori)						✓
	Bowel cancer (faecal occult blood)						✓
	Kidney, bladder and prostate cancer risk (urine test)						✓
Muscular health	Dynamometer test		✓	✓	✓	✓	✓
Fitness assessment	Resting heart rate, blood oxygen level		✓	✓	✓	✓	✓
Mind and resilience	PHQ9 and GAD7 questionnaire		✓	✓	✓	✓	✓
Musculoskeletal health	Orebro-Bluecrest back pain score		✓	✓	✓	✓	✓
Hyperthyroidism	T4 thyroid test					✓	✓
Tailored clinical advice services	GP consultation, CBT mental health, physiotherapy, wellness coach, dietitian					✓	✓

Organising health assessments for your employees is straightforward



Arranging the assessments

We discuss your needs and provide you with a quote.

Once you've confirmed your health assessment package, we work with you to arrange the assessments on a convenient day/days.

We provide you with marketing tools to explain the health assessments to your employees.

Booking in appointments is simple through our online booking system.



On the day

The health assessment is completed at your chosen location by a Health Screening Specialist.

Your staff receive their health assessment results instantly with a Know Your Numbers day or within 21 days for any other package.



Post assessment support

We provide you with an anonymised healthcare report¹, indicating the overall state of health of your workforce.

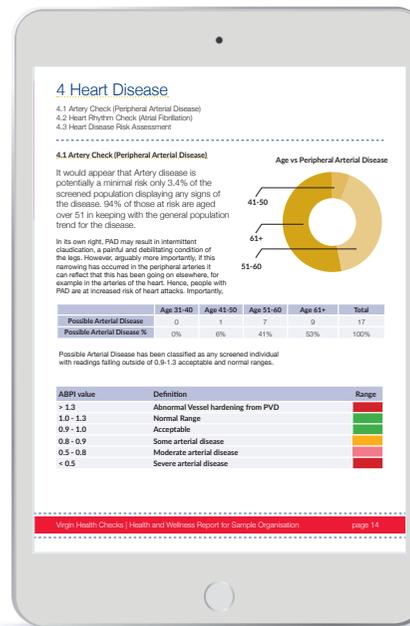
We provide you with a summary of feedback on the health assessments from your employees.

We arrange a follow up meeting or call to discuss how the assessment day went.

Informative reports

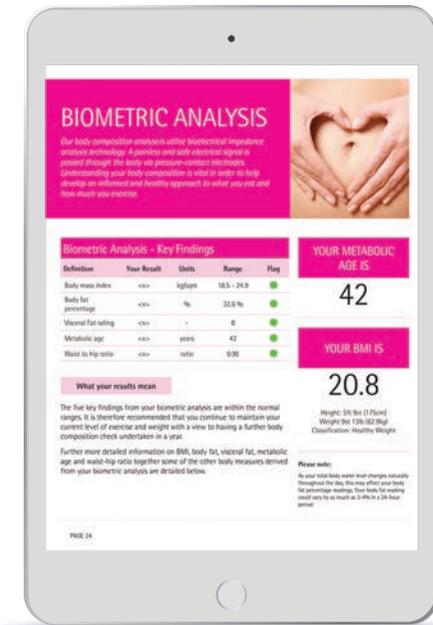
Employer reports

We'll provide you with a detailed anonymised report¹ of your employees' results. The report will help identify your employees' health risks and encourage them to take action to improve their health and wellbeing, before health concerns become more serious.



Employee reports

All employees will be provided with a detailed report within 21 days of the screening. The report includes insight into their overall health as well as a personalised lifestyle assessment to help them make the changes needed to lead a healthier lifestyle.



This data can provide key insights that could help inform your health and wellbeing strategy as well as future employee benefits you may choose to offer.

¹ All reports are anonymous. Available for 50+ employees only, to ensure anonymity can be maintained.

Why Benenden Health?

Benenden Health is a mutual, not-for-profit healthcare provider run for the benefit of all our 800,000 members.

All our business products are designed with simplicity in mind so they're easy to take out and straightforward to manage. We'll work with you to develop a bespoke and affordable health and wellbeing package that helps to keep your employees healthy and could suit your business needs.

We believe healthcare for employees is part of a culture of wellbeing, not just a tick in the box, which is why you'll be provided with a dedicated account manager to provide ongoing support to make sure you and your employees are getting the most from our services.

These are just some of the reasons why our customers voted us winners of the Moneywise award for Most Trusted Health Insurance Provider by an employer.



What our clients say

"The team at Benenden Health made the whole process simple, smooth and with the best use of resources. The services provided are professional and well managed. The online booking system takes away what could be an organisational chore."

Tony Gardner, Health & Safety Advisor, Wates Construction

Business health and wellbeing services

At Benenden Health, we understand that every business is different.

Our range of services are designed for any employer wanting to introduce an employee health benefit, no matter what their budget. Our comprehensive range of services can support your employees before, during and after employee health issues occur.



Go to www.benenden.co.uk/business to find out more about our healthcare and health cash plan products. Or call for free on **0808 231 5009*** and we'll work with you to develop a health and wellbeing package that could suit your business' priorities and needs.





FAQs

Where can your employees get screened?

Your employees will find their Bluecrest Wellness service extremely convenient. In addition to screenings at your premises (if you prefer), your employees can have access the entire Bluecrest Health network of local venues. With over 2,000 mobile clinics nationwide, your employees should be able to find a clinic close to where they live or work – we make sure that employees are always seen in private consulting rooms.

What happens on the day?

Your employees can be assured of a warm welcome and a high quality clinical service. The checks themselves use the latest technology to deliver a first class service and minimise time. We advise allowing around 30 to 40 minutes for the appointment depending on the chosen package.

How should your employees prepare?

We've recently upgraded our testing so your employees don't need to fast before their appointment. They may continue to eat and drink as they normally would and can continue to take any prescribed medications, but they must avoid vitamins and supplements as these can affect some results. Your employees should wear loose and non-restrictive clothing and avoid wearing tights or stockings. This allows our Health Screening Specialist easy access to their arms and lower legs.

When are the results available?

Full results reports are sent within 21 days of the screening. Where results warrant urgent feedback, we provide dedicated, confidential, and proactive support to employees who may need a referral. Our results report is considered to be one of the most detailed in the sector and we are able to tailor content to the requirements of clients. Results are also available online through the Bluecrest Health Hub.

Are the results confidential?

Yes. The discussions your employees have and results of any tests are completely confidential and will only be provided to that same employee.

Are you ready to see how your business could benefit from our health assessments?

Benenden Health's friendly team of dedicated account managers are here to help you. Whether you just have a few queries, would like to discuss a personalised quote, or would like to arrange a visit, we're happy to help.

 **0808 231 5009***

 **salesupport@benenden.co.uk**

 **www.benenden.co.uk/business**

* Lines are open 8am - 5pm, Monday to Friday (except Bank Holidays). Please note that your call may be recorded for our mutual security and also for training and quality purposes.

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