

# Employee Health Checks

Our 20-minute One-on-One Health Checks provide personalized health insights for employees, including risk assessments for various illnesses and stress management strategies. This not only promotes employee well-being but also contributes to increased productivity and morale in the workplace. The health checks include a detailed report and informative handouts.

## WHAT'S INCLUDED

- **Company Report**
- **Individual Booklet**
- **Complimentary 30 min Seminar on the most prevalent health concern from the report**

Contact me on:  
0410 230 080  
[info@energymovement.com.au](mailto:info@energymovement.com.au)  
[www.energymovement.com.au](http://www.energymovement.com.au)



*Emily Schmidt*



# Energy Movement Wellness

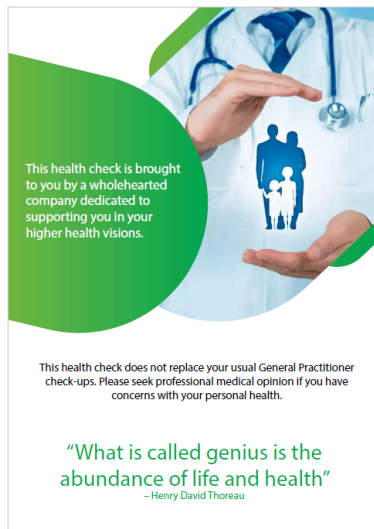
Founded by Emily Schmidt, Occupational Therapist this company is on a mission to raise the health standards globally physically, mentally, socially, emotionally and spiritually.

This company can provide Ergonomics, Lunch & Learns, Fitness, Health Checks and add value through our programs *Happy at work*, *Healthy at work* & *Harmony at work*.

## Health Checks

A personalized approach to understanding and improving your health. In a 20-minute assessment, each employee will gain valuable insights about their individual health and risk of illness. This includes information on diabetes, cardiovascular disease risk, blood glucose, cholesterol levels, weight, waist measurements, and stress management strategies.

Armed with this knowledge, employees can make positive changes towards their health and well-being. These health checks not only benefit the employees but also the company as a whole. A healthier workforce means increased productivity, lower sick leave, and higher morale. Each health check comes complete with a detailed report and informative handouts, providing a wealth of information at your fingertips.



## Service fees

### Information

- 20 minute consultations.
- Lifestyle questionnaire provided prior to the booking and to be completed prior.
- Private room required for confidentiality.
- Individual booklet provided to staff member.
- Company report included (anonymity maintained)
- **Complimentary** 30 minute presentation on most relevant health topic.
- Online booking system used.
  - Full Day (20 pax.): \$2000
  - Half Day (10 pax.): \$1000

### What's Assessed

- Blood Pressure
- Heart Rate
- Waist Circumference
- Hip to Waist Ratio
- Total Cholesterol (HDL, TC:HDL)
- Blood Glucose
- Diabetes Risk Score
- Cardiovascular Risk Score
- Lifestyle Factors: Stress, Nutrition, Sleep, Exercise, Smoking, & Alcohol.

