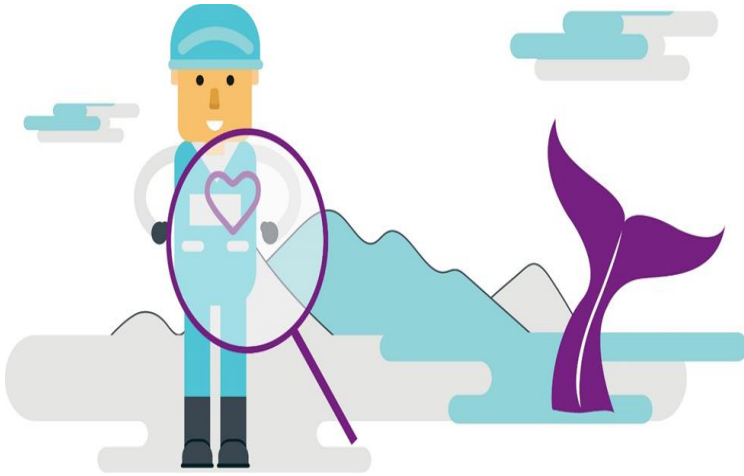


Cardiovascular Wellness Assessments



This assessment has been developed from the National Heart Foundation Guidelines. The individual results of each employee are kept **completely confidential**. Following the completion of the assessments, employers will be provided with a statistical executive summary only which compares the company results with national averages and with previous years statistical results. This report provides companies with an overview of the general wellbeing of their workforce.

The Aim of testing is to:

- ♥ Assist your employees in maintaining optimum health and wellbeing
- ♥ Provide employees with the opportunity to discuss personal health issues on a confidential basis
- ♥ Enable employees to decide on lifestyle changes through health promotion, education and advice
- ♥ Refer employees with identified health issues to their medical practitioner for further assessment (if required)

Process:

- ♥ Height and Weight – BMI (Body Mass Index)
- ♥ Cholesterol levels using a fingerpick blood sample
- ♥ Blood Sugar level using the same fingerpick blood sample
- ♥ Blood Pressure recording
- ♥ Waist Measurement
- ♥ Complete Cardiovascular risk questionnaire
- ♥ Discussion of results and providing educational material as required
- ♥ Education on possible lifestyle factors that may improve their health
- ♥ Referral to GP as required



Following the assessment, the employee will receive their own personal wellness booklet which has their individual results as well as additional information to assist them in making good lifestyle choices and maintain positive mental wellbeing. This booklet can be taken home to discuss with their whanau and doctor.

Assessment time required: 15 - 20 minutes per person