



Well Checks identify cardiovascular risk factors, which enable people to make manageable lifestyle changes to live longer, happier and healthier lives, as well as being more productive in the workplace.

	Well Check Plus 30 mins	Well Check 20 mins	Mini Well Check 20 mins
<b>Comprehensive Lifestyle Risk Assessment &amp; Information</b>	✓	✗	✗
<b>Brief Lifestyle Risk Assessment</b>	✗	✓	✓
<b>Blood Pressure</b>	✓	✓	✓
<b>Pulse</b>	✓	✓	✓
<b>Cholesterol (Total, HDL &amp; Total/HDL Ratio)</b>	✓	✓	✗
<b>Body Mass Index (BMI)</b>	✓	✓	✓
<b>Body Fat %</b>	✓	✓	✓
<b>Muscle Mass</b>	✓	✓	✓
<b>Visceral Fat</b>	✓	✓	✓
<b>Metabolic Rate &amp; Age</b>	✓	✓	✓
<b>Body Water %</b>	✓	✓	✓
<b>Information, Signposting &amp; Follow Up Support</b>	✓	✓	✓
<b>Client Personalised Report</b> Email & hard copy. Colour coded to highlight areas for improvement	✓	✓	✓
<b>Organisational Health Report*</b> Overall report highlighting areas for improvement from an organisational perspective	✓	✗	✗
<b>Action Plan*</b> Health & Wellbeing action plan template and support to identify 3 key areas of priority from organisational report	✓	✗	✗

\*These options can be added to Well Check or Mini Well Check for an additional cost

