GUERNSEY
Chest & Heart LBG

Workplace Healthchecks



chestandheart.org.gg

Is your team Heart Healthy?

Let us help you to look after your team with our Workplace Healthcheck Programmes

Our Well-being and Healthy Heart healthcheck programmes identify potential heart health issues before they become serious.

- **Convenient On-Site Testing:** Quick and easy, without disrupting your workday.
- **Expert Analysis:** Results interpreted by healthcare professionals.
- **Personalised Health Promotion:** To empower employees to take actionable steps.

INVEST IN YOUR TEAM'S HEART HEALTH TODAY FOR A STRONGER, HEALTHIER TOMORROW



Why Workplace Healthchecks?

At the Guernsey Chest and Heart we are committed to reducing cardiovascular disease across the Bailiwick of Guernsey, but here's why you should provide workplace healthchecks:

- **Improved Employee Health and Wellbeing:** Regular health checkups encourage employees to take an active role in their health, leading to a healthier workforce.

- **Increased Productivity:** Healthy employees are more productive, have higher energy levels, and experience fewer sick days, contributing to overall business efficiency.

- **Reduced Healthcare Costs:** Early detection and preventive care can reduce the need for more expensive treatments, lowering overall healthcare costs for both employees and employers.

- **Enhanced Employee Morale:** Offering healthchecks shows that the company cares about its employees' well-being, boosting morale and fostering a supportive workplace culture.

- **Attraction and Retention of Talent:** Companies that prioritise employee health can attract and retain staff, as comprehensive health benefits are a key factor in job satisfaction.

- **Compliance and Safety:** Regular healthchecks can ensure that employees are fit for their roles, particularly in industries where physical health is critical for safety and performance.

- **Early Detection of Health Issues:** Healthchecks can identify potential health problems before they become serious, enabling early intervention and treatment. High blood pressure and elevated cholesterol levels are two of the main risk factors for heart attack and stroke.

Our Workplace Healthcheck Programmes

Well-being Healthcheck

- Height
- Weight
- Body composition (including muscle mass, fat %, basal metabolic rate and metabolic age)
- Blood pressure and heart rate
- Lifestyle and nutrition
- Exercise and alcohol consumption
- Stress

Healthy Heart Check

- Height
- Weight
- Body composition (including muscle mass, fat %, basal metabolic rate and metabolic age)
- Blood pressure and heart rate
- Lifestyle and nutrition
- Exercise and alcohol consumption
- Stress
- Cholesterol test
  - Total cholesterol
  - Triglycerides
  - High density lipoproteins
  - Low density lipoproteins
- Blood glucose
- Cardiovascular risk assessment

> ***If every company offered this service to its employees in Guernsey, it could make a huge difference to our islands health (and prevent potential health issues that we may not be aware of). The nurses are really lovely – supportive, non-judgemental and caring. These appointments are about helping as and where it's needed – quite often we have no idea of the 'silent' health threats we can all have. We would wholeheartedly recommend this service.***

Janette Kay-Mouat
(Director Channel Seaways)





Healthcheck Programme Costs

Well-being Check

Up to 12 participants

£350

Healthy Heart Check

Up to 12 participants

£700

This includes an onsite practitioner and all equipment needed. Once each healthcheck is completed the employee will receive their results including personalised advice for their cardiovascular health.



GUERNSEY Chest & Heart LBG

chestandheart.org.gg



Regular workplace healthchecks can identify potential health risks before they become serious. By participating in our healthcheck programme, you're not just protecting yourself – you're safeguarding your colleagues, your family, and your future.

Let's work together to create a safer, healthier workplace for everyone.
Sign up for your healthcheck today!

Contact us today to discuss workplace healthchecks for your team.

Oberlands
St Martins
Guernsey
GY4 6SP

Phone: **01481 237261**
Email: **info@chestandheart.org.gg**
Web: **www.chestandheart.org.gg**
Follow us:

SCAN QR CODE TO DONATE