

Workplace Health & Wellbeing

Our health and wellbeing professionals can deliver an array of highly interactive, flexible & educational services to allow employees to identify changes to their own lifestyle in order to improve their overall health at work.

We can tailor any of our services to suit your needs, contact us today for more information on how we can help you enhance your workplace health, your employee productivity and decrease your illness and accidents. We deliver outstanding services at a price that makes sense for you.



MOT Health Checks

- Blood Pressure
- Cholesterol
- Glucose
- Body Composition
- Lung Function Testing
- Facial Skin Scanner
- Cardiac Risk Assessment
- Diabetes Risk Assessment

Educational Seminars

We can create bespoke, custom-made seminars to suit your workplace. Popular topics include:

- Alcohol Awareness
- AWARE- Cancer
- Creating Healthy Habits
- Diabetes Awareness
- Distance workers (supporting those working away from home)
- Drug Awareness
- Healthy Hearts
- Healthy Eating and Nutrition
- Healthy Working Environments
- Mental Health and Stress Management
- Mindfulness
- Musculoskeletal Matters
- Night Shift Workers
- Stress Awareness
- Your Wake Up Call - Sleep
- 5 Ways to Wellbeing

Health Matters Stands & Health Fairs

Our health promotion staff can provide 'pop up information stands' and health fairs within your workplace. The stand can include interactive health displays, leaflets and information covering a wide range of health related topics. Employees also have the opportunity to chat 'one to one' with a health professional regarding any health concerns they may have.

Complementary Therapies

Our trained therapists offer a range of treatments which have been shown to assist in promoting relaxation, alleviating anxieties, improving sleep pattern and reducing stress and tension.

- Aromatherapy
- Indian head massage
- Massage
- Reflexology

Workplace Optimum Health (WHO) Programme

Our in-house 'Weight Loss / Healthy Living Programme' is appropriate for individuals who wish to take steps to improve their wellbeing and make healthier lifestyle choices. The programme delivery format can suit your company's requirements in relation to duration and frequency over 12 weeks. The programme is delivered by our specialist dietitian and involves a full body composition analysis and one to one mentoring on physical activity, nutrition and weight management.

MOT Health Checks

Our health & wellbeing professionals provide comprehensive MOT health checks at your workplace or at one of our independent drop-in clinics with same day results provided to individuals. We can also offer segmented company health reports to help your workplace monitor health & wellbeing progress.

We can tailor any of our services to suit your needs and can create bespoke pick 'n' mix packages at a price that makes sense for you.



Diabetes Risk Assessment

- This intends to highlight a person's risk of developing Type 2 diabetes in the next 10 years.
- Blood glucose testing can also be included on request.

Body Composition Analysis

- This provides results for weight, fat free mass, body fat mass & percentage, total body water, visceral fat, metabolic age and BMR are provided.

Cardiac Risk Assessment

- This is an assessment of your risk of having a heart attack or stroke over the next ten years.
- Is only valid if you do not already have a diagnosis of coronary heart disease (including angina or heart attack) or stroke/transient ischaemic attack

Blood Pressure & Pulse Rate

- These measurements indicate the pressure in the arteries when the heart beats, when the heart rests and number of heart beats per minute.

Facial Skin Scope

- This shows facial skin damage from exposure to UV rays.
- This test is not a diagnostic tool or a predictor of skin cancer.

Lung Function

- This measurement indicates how well the airways are functioning.

Cholesterol Testing

- This is used to indicate the risk of Cardiovascular Disease and other serious health conditions.

Popular Packages

BRONZE

Blood Pressure

Body Composition Analysis

Diabetes Risk

SILVER

Blood Pressure

Body Composition Analysis

Diabetes Risk

Cholesterol Testing

GOLD

Our Gold package includes the full range of MOT Health Checks listed above.

To learn more about our services visit us at:
www.healthmattersni.com