



Take the guesswork out of employee wellbeing

Health checks and occupational blood tests
delivered by the experts in remote blood testing.

Contents

- 03** The experts in blood testing
- 05** Why choose us?
- 07** Employee wellbeing
- 09** Data-led insights
- 11** Ultimate flexibility
- 12** Customise your health check
- 13** Our doctors



Findings

- ✓ Markers for metabolic health are generally positive
- ✗ 31% of participants are sedentary and do little organised exercise
- ✗ 40% of participants are overweight or obese
- ✓ Self-reported markers for sleep and stress are also good

Home

Screens

Waist Size



Why is waist circumference important?

Waist circumference gives an idea of where body fat is distributed - it's a measure of central obesity. A larger waist circumference is linked to higher levels of visceral fat that stored around the abdominal organs, raised cholesterol levels, cardiovascular disease, type 2 diabetes, high blood pressure, stroke, and dementia.

Supporting employees with a raised waist circumference

There are no ways to specifically target weight loss around the mid-section. Strategies that encourage overall weight loss are the best ways to help your employees maintain a healthy waist measurement:

- Educate employees on the risks of having a larger waist circumference
- Implement strategies aimed at reducing BMI

Scientists are only just beginning to understand the impact of sleep duration on our health. Whereas only getting 4 or 5 hours' of shut-eye a night used to be held as a badge of honour for the hard working executive or politician, it is now clear that over the long term, getting too little sleep (or too much), may harm our health in a myriad of ways. The amount of sleep we need each

Sleep Quantity



My profile
Account

The experts in blood testing.

Medichecks is a leading provider of health checks and diagnostic services with a long history of helping people to take control of their health.

Our experienced teams are here to support you with a wealth of knowledge, expertise, and exceptional customer service, and our commitment to excellence and accuracy has made us a trusted name in the field of blood tests and health assessments.

M medichicks

**Sample
Collection
Kit.**

Why choose us?

Health checks just got smarter

The average UK employee misses 7.8 days per year due to sickness. We're here to change that.

We're bringing the powerful health insights of blood testing to your employees, without the hassle. Check biomarkers that affect energy levels, mood, and productivity, empowering your workforce to be the healthiest they can be.

1 in 6

Vitamin D deficiency - one in six UK adults lacks vitamin D, which can lead to lower productivity and a higher risk of flu and colds.

1 in 12

Iron deficiency - one in 12 UK women has iron deficiency anaemia, which can affect energy and productivity.

1 in 5

Diabetes - one in five UK adults has pre-diabetes or diabetes, which lifestyle changes can delay or prevent.

Employee wellbeing

A perk your employees will really value

Our employee health checks can encourage preventative care without being too time-consuming or onerous for your employees. While your employees get a personalised doctor's report, you'll receive anonymised data along with practical guidance from our team on the next steps.



Data-led insights

Track, compare, and measure your impact

Our platform enables you to effortlessly track employee uptake, split results by cohort to compare different teams, and measure improvements over time. So, you'll know which wellbeing initiatives are worth investing in for the greatest impact.



Ultimate flexibility

Logistics, problem-solving, implementation – we're here to help

Our finger-prick and venous test options give you complete flexibility to tailor your programme, no matter where your staff are. We'll recommend and organise the best mix for your workforce to boost engagement. Oh, and we'll handle the logistics and planning, so you can focus on your team.

- **On-site nurse visits:** Choose appointments using our booking system.
- **Home blood tests:** Take a home blood test and post it to the laboratory.
- **Local clinic appointments:** Book appointments at one of our 300+ phlebotomy partner clinics.



Customise your health check

A test for everyone and every business

Whether you're looking for the full works of a comprehensive health check or need something more industry-specific like lead or hepatitis B screening, we've got the perfect test to match your needs, no matter your business setup.

Talk to us about our affordable range of blood tests and health checks.



Place tube here

Say hello to our team of doctors

With over 20 reporting doctors on board, your employees will get expert, personalised, and actionable advice.



Dr Natasha Fernando

Medical Director



Dr Sihame Benmira

Specialist Digital
Clinician



Dr Asia Ahmed

Digital Clinician

03450 600 600

hello@healthchecks.medichecks.io

healthchecks.medichecks.io

