



IECHS Health Check

Healthy People = Healthy Profits

INNER EAST COMMUNITY
HEALTH SERVICE

Why IECHS Health Check?

Healthy people equal a healthy business, which leads to optimal outcomes for your organisation. Poor health, on the other hand, contributes to absenteeism, limited productivity, and lower energy and participation from the people that your business depends on, both in the short and long term.

Businesses are now learning that employee health is a priority issue in optimising culture, retaining people and maximising human potential.

There is currently a rapid growth in the workplace and the community of 'lifestyle' diseases and related poor health. Problems arise from a lack of awareness, and from not 'looking after ourselves'.

The most critical examples of these health problems are heart disease, diabetes, hypertension and obesity, and the varying degrees of poor health leading up to them.

Interrelated issues arise from factors such as poor diet, being overweight, smoking, lack of physical activity and stress. People can manage these lifestyle factors, but often don't because of lack of awareness of their own overall state of health and limited understanding of actions they can take to make a difference.

In our fast-paced modern world, busy people do not have the time to visit their doctor regularly. The IECHS Health Check is a service which comes to the workplace, and **provides people with a clear, accurate and efficient measurement of health over a number of key risk-factors.** Offering Health Checks means that busy people can gain a better understanding and take action on their health status, increasing their availability and productivity, boosting morale as part of a work place that cares.



IECHS – WE MAKE IT EASY

- IECHS consults with the customer to tailor the program to their needs. We are flexible and aim to create a solution that best meets organisational goals.
- Organisation and booking of the Health Checks is facilitated by IECHS, using our specialised online booking system or a manual system as required.
- Our expert health professionals attend the work place and consult one-on-one with employees.
- Organisation and booking of the Health Checks. IECHS send out promotional and informational material to you coordinator/s to forward to employees.
- Customer service and booking support is available throughout the lead-up to the program.
- Reminder emails are sent to all people who have booked in prior to our visit.
- Each person receives a written statement of results and some quality health information to take away.

IECHS HEALTH CHECK MEASURES THE FOLLOWING KEY RISK FACTORS:

BLOOD PRESSURE:

High blood pressure, or hypertension, is a key risk factor for heart disease and other health problems. It usually has no warning symptoms, and therefore it is important to have regular blood pressure checks. Excessive alcohol intake, being overweight and being physically inactive are all associated with an increased risk of high blood pressure.

BLOOD CHOLESTEROL:

High blood cholesterol is a major risk-factor for coronary heart disease. Lifestyle changes such as health eating, regular physical activity and managing blood pressure can be effective in managing cholesterol.

BLOOD GLUCOSE:

Diabetes is present when there is too much glucose in the blood. More than 1.2 million Australians have diabetes, and it is estimated that another 2 million have pre-diabetes, a condition where blood glucose is high, but not yet to the level of Type 2 diabetes. Diabetes is a rapidly growing health problem in Australia.

BODY FAT PERCENTAGE:

Excessive body fat, or obesity, is a growing problem in Australia, with rates having doubled in the past 20 years. It is a key risk factor for cardiovascular disease and diabetes, and a range of other health conditions.

INVEST IN THE HEALTH OF YOUR PEOPLE AND YOUR BUSINESS — IECHS HEALTH CHECK

- A quick and easy way to promote a positive and healthy workplace culture
- A great way to increase organisational energy, optimism and productivity
- Undiagnosed health conditions and risk factors can lead to serious illness, having a massive negative impact on both the individual and the organisation to which they belong.

SOURCES OF FURTHER INFORMATION

THE HEART FOUNDATION OF AUSTRALIA

www.heartfoundation.com.au

DIABETES AUSTRALIA

www.diabetesaustralia.com.au

