



# THE HEALTHSTYLE CHECK

Sometimes a workplace health improvement program just needs the one on one approach. That's where the HealthStyle Check becomes essential.

Based on our health and medical experience, our employee health checks are highly effective at assisting individuals understand their most pressing health and wellness risk factors. All HealthStyle Checks include one-to-one counselling using behaviour change and habit formation science, medical and EAP referral (as appropriate), coaching plans and follow-up.

Assessment components include:

## PROVEN BENEFITS

1. Individuals achieve meaningful reductions in their health risk profiles
2. Participants in the health check are absent 2.3 days per year less than non-participants, regardless of their health risk factors
3. Non participants experience an annual increase in absenteeism of 12.6% vs. 1.6% for participants

### Medical Profile

Blood pressure

Body composition  
*body fat %, waist, hip girths,  
ideal body weight*

Lung function

Blood risk profile  
*e.g. non fasting lipids, plasma  
glucose and CVD risk*

10 year CVD risk

Diabetes risk score

Sleep apnea score

### Fitness Profile

Aerobic fitness

Upper body strength

Back and midriff  
strength, mobility  
and stability

Lower body  
strength and mobility

### Behavioural Profile

Exercise habits

Diet and eating habits

Smoking habits  
and behaviour

Alcohol consumption  
including both short  
and long term risk

### Quality of Life

Happiness and coping

Sleep

Depression and  
sadness

Social support

Stress and anxiety

Pain management

Job satisfaction and  
sense of control

**HealthStyle**  
Partners in your Wellness

## At the heart of the HealthStyle assessment is a HealthStyle Risk Profile

HealthStyle achieves its greatest success by motivating and supporting high-risk employees to take action to lower their risk while, at the same time, supporting healthy workers to maintain their fitness.

## HealthStyle is...

### Educational

Employees quickly gain insight into their own level of health and fitness risk, the implications that has on their personal and occupational aspirations and how best to achieve sustainable change.

### Motivational

HealthStyle gives all employees a simple, meaningful target that will lead to health improvements and lower risk of injury and illness. Our goal is to improve self efficacy for employees when it comes to implementing lifestyle based risk reduction and wellness promoting strategies

### Confidential

Personal results from the HealthStyle assessment are only accessible to the individual employee who attends. The organisational profile contains group information but does not allow individuals to be identified.

## Customised Assessments

Not all participants are alike. They all have different needs, objectives, levels of fitness and starting points. The customised HealthStyle Check allows for participants to choose their own adventure.

**Elite fitness:** For those who need to be challenged, who want a specific benchmark of their fitness at an elite level. The elite assessment is only for those who meet strict benchmarks to ensure safety as the test involves maximal measures of fitness.

**Metabolic health:** This assessment is for those who want to focus on metabolic health. In other words it supports participants pursuing help for weight problems, diabetes or CVD risk reduction strategies. It may be from a disease perspective, from a weight loss perspective or a heart health perspective.

**Wellness:** A detailed, holistic health check that focuses on overall wellness, allows for unknown health risks to emerge.

**Joint health:** The joint health assessment focus is on posture, joint alignment and joint health. For those who are dealing with musculoskeletal disorders, pain, or postural issues due to muscle imbalance or the effects of environmental influences.

**Something else:** Based on our health and medical experience, we are able to customise the checks to suit your needs. Need more behaviour change coaching? Or need to include industry or job specific screening tools? No problems, just let us know.

For more information, visit [healthstyle.net.au](https://healthstyle.net.au) or call **02 4016 0318**