

Senior management physical and mental wellbeing – a remote and relevant medical assessment tailored to the current times

‘Senior Managers are incredibly valuable to a company and some may prioritise work over their own wellbeing’.

An organisation’s top team can be its greatest asset but can also be its greatest liability if they struggle to keep pace. Keeping senior managers in tip top condition, both physically and mentally, is one way to reduce the financial risks of absenteeism – it also improves productivity and workplace culture and in turn results in bottom-line improvements for the company.

The pandemic has had a huge impact on businesses over the past year and senior managers, in particular, have had to work quickly towards minimising the impact of the epidemic on their business, its performance results and, most importantly, on the employees. Challenges faced by senior management, almost overnight, included implementing flexible and remote work options, deciding which employees to furlough, considering how to support their workers both psychologically and financially, focusing on organising a safe work environment, and maintaining the financial health of the business.

A lot of information has already been distributed about how organisations can help their workers throughout this period but less has been talked about regarding the effects all this has had on the decision making management layer. This top layer, as well as having concerns regarding the business and its workers, also has the same concerns as everyone else regarding job security and personal/family health. What should managers do when the worker is off sick?

Senior management medical assessment

In recognition of the additional challenges many managers have faced over the past year, we are offering a relevant and remote medical with the assessment tailored to these challenging times. The aim is that this medical will provide a helpful opportunity for senior managers to take stock of their health at a time where it can be difficult to consult their GP.

The medical focuses on evidence-based goals, prioritising the greatest opportunities for health improvement and involves the following:

- ▶ **Blood pressure status**
- ▶ **Cardiovascular risk assessment to include cholesterol test**
- ▶ **Vitamin D status – an ever-present concern in the UK, but particularly important in the pandemic**
- ▶ **Diabetes screening and thyroid profile**
- ▶ **A review of lifestyle factors particularly relevant in the current pandemic**
- ▶ **A 20 minute consultation with an experienced doctor, to discuss your current health and test results**
- ▶ **Clear advice on next steps if you need to follow-up on any findings.**



‘Keeping senior managers in tip top condition, both physically and mentally, is one way to reduce the financial risks of absenteeism.’





Further details on the tests and the process is below:

Robust blood pressure assessment

Self-monitoring at home, using an automated cuff provides a more reliable assessment. We will provide you with a new, high quality, automated blood pressure monitor to collect serial measurements, which the doctor will then review with you at your consultation.

Online questionnaire and doctor consultation

The online questionnaire will help you to identify areas of concern and provide the doctor with an insight into your current health to guide the consultation. The doctor will sensitively and confidentially discuss options for managing any areas of concern and will review your cardiovascular risk, blood tests and blood pressure results.

Laboratory blood tests from your own home

Through the latest technology, we offer a panel of tests, using self-contained testing kits, with courier service to the lab. Included is a diabetes screen, Vitamin D and cholesterol and thyroid profile. Each test requires a finger prick blood sample using an automatic device – this quick, simple method allows fully accredited laboratory testing without leaving the home. Results will be communicated via a simple-to-use app.

The outcome

A summary report will be sent to you, for you to share with your GP if appropriate and this will record the key findings of the medical. This report is confidential to you and will not be shared with any other party.

An outline of the process

Once enrolled, we will contact you to arrange postal delivery to your home address of your executive medical kit. We will also schedule your 20 minute doctor consultation for 3 to 4 weeks' time (to allow time for you to receive the kit, obtain your blood test results and obtain blood pressure readings).

In the kit will be self-contained blood testing kits for the tests and your blood pressure monitor. We provide step by step instructions and a check list, so you know you have obtained all of the necessary information prior to completing your online medical questionnaire. You will then complete the online questionnaire prior to your doctor appointment.

After your doctor appointment, the doctor will provide you with a summary report. You will be able to share this report with your GP, where appropriate.

Cost of each medical £390.

Contact detail

Please contact Katie Eastwell should you like further information about this service or any of the other services we provide.



Katie Eastwell
Managing Partner

Tel 0844 481 0093
Email kate@lincolnoccupationalhealth.co.uk
Website www.lincolnoccupationalhealth.co.uk
Twitter @LincolnHealth

Lincoln Occupational Health LLP
PO Box 696, Aylesbury, Buckinghamshire HP22 9WX

Lincoln Occupational Health LLP is a limited liability partnership registered in England & Wales. Partnership No. OC379274.
Registered office: 2 Stone Buildings, Lincoln's Inn, London WC2A 3TH.