

Workplace health awareness sessions

All employers need, and want, a happy and healthy workforce. Educating employees to develop a healthy lifestyle and assisting them in maintaining their health and wellbeing, both physically and psychologically, is a key part of helping to achieve this.

Lincoln Occupational Health can deliver a 'Health Awareness Day' at your workplace which provides an effective way of promoting health and wellbeing to your employees. The programme is designed not only to benefit the individual but also to support management in helping to reduce absenteeism and in promoting a healthier workforce.

The programme is run by an experienced and qualified Nurse Advisor who can offer:

- ▶ blood pressure checks
- ▶ cholesterol and blood sugar (for diabetes) checks
- ▶ height and weight measurements, body mass index (BMI) and body fat percentage
- ▶ general lifestyle advice to include diet, exercise, smoking and alcohol.

The tests are designed to assess non-fasting blood samples and each sample involves a prick test only. The results are discussed in confidence with the employee and a feedback sheet given to them to take away along with any relevant health promotion literature. He/she will be referred on to their GP should further medical advice or a retest be appropriate.

At the end of the entire session, verbal feedback can be given to the employer on some of the general workplace health issues/behaviours which have been identified and may be impacting on employee health and welfare.

This is an opportunity for employers to discuss such issues as absenteeism and stress. Please note that all individual consultations/results will be treated in the strictest confidence – general feedback only will be given to management.

The benefits to the company of offering such wellness initiatives include:

- ▶ reducing absenteeism
- ▶ improving morale
- ▶ increasing productivity
- ▶ encouraging team building (the consultation often encourages dialogue between employees).

The benefit to individuals include:

- ▶ quick detection of possible illness which allows prompt referral for treatment and management of the condition
- ▶ increased wellbeing.

LOH provide services as part of a package from £700-£900 based on 22 people per day and can be carried out at your workplace.



'Provides an effective way of promoting health and wellbeing to your employees.'





About Us

We work with employers to provide support and practical guidance regarding effective management of sickness absence and other relevant employee health issues.

Our services aim to help you:

- ▶ avoid costly claims by ensuring you meet your legal and statutory responsibilities
- ▶ comply with Health and Safety and Disability legislation
- ▶ reduce the costs to your business of staff sickness absence
- ▶ prevent and remove health risks arising in the workplace
- ▶ achieve maximum staff productivity by reducing absences due to ill-health
- ▶ improve the overall health and wellbeing of your workforce
- ▶ increase your staff retention and productivity
- ▶ effectively manage employees who are off sick (especially long-term cases) and develop individual return-to-work strategies
- ▶ introduce cost-effective and proactive health promotion campaigns
- ▶ address complex stress and mental health cases.

'Employers need to understand what the benefits could be in offering an onsite wellness programme.'

Contact detail

To discuss your specific requirements and obtain a quote please contact:



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