

# Workplace Health and Wellbeing Services

Helping reduce the risk of diabetes, stroke, heart disease, dementia and many other long term conditions

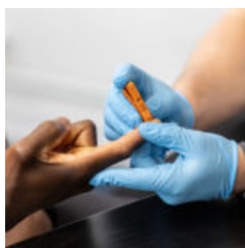


Healthworks is a regional community health charity which supports people of all ages to live longer, healthier and happier lives. We offer businesses and organisations of all sizes a range of services to help employers improve the health and wellbeing of their workforce.

As a charity committed to reducing health inequalities in the North East, all proceeds from this service are reinvested into our mission - not for profit.

We have also supported numerous organisations across the region, guiding them through all six levels of the Better Health at Work Award to create healthier, more productive workplaces.

Our workplace services include free online training, cancer awareness sessions, stop smoking support and comprehensive individual Health Checks. Healthworks Health Checks are designed to help employees gain valuable insights into their health and wellbeing. See the following page for more information about what the Healthworks Health Check involves.



# Healthworks Health Checks

## Non-Fasting Cholesterol Reading (with same day results):

- Total cholesterol
- HDL
- TC/HDL Ratio

## Blood Pressure and ECG:

- Resting Heart Rate and Heart Rhythm
- Systolic BP
- Diastolic BP

## Height, Weight and BMI

## Smoking Status:

- Brief advice on smoking cessation and referral to local stop smoking services.
- This could include free 1-2-1 support from the Healthworks Stop Smoking Support Service for people who live, work or study in Newcastle.

## Alcohol Consumption:

- Based on an individual's 'AUDIT C' score, we can offer brief advice on alcohol consumption and/or referral to local alcohol recovery services if applicable

## Physical Activity Levels (GPPAQ):

Based on the individual's results, we offer brief advice on increasing physical activity and referral and signposting to local leisure services.

## QDiabetes® Diabetes Risk Calculator:

- Calculates the risk of developing Type 2 Diabetes over the next ten years.

## QRISK®3 Risk Calculator:

- Calculates the risk of developing a heart attack or stroke over the next ten years.

## Additional Benefits:

All clients will receive personalised health advice to improve their health and wellbeing, including an in-depth breakdown of what the results mean. They will also receive a Personal Health Report, access to our Free Healthy Lifestyle Resource Kit, and referrals to local community services such as smoking cessation and leisure activities.

Please visit the **Workplace Health and Wellbeing** section on our website or email [Health.checks@hwn.org.uk](mailto:Health.checks@hwn.org.uk) more information or to enquire about our services



SCAN ME