

ukim

Occupational Health & Wellbeing



Bringing your workplace New Year health improvement support

At UKIM, we deliver a range of measurable Employee Wellbeing Improvement projects focused on productivity and return on investment through improving your employees' health & wellbeing.

Health Checklist

- Stress Levels
- Posture and Movement Health
- Cardiovascular Health
- Diet and Nutrition
- Diabetes
- Cholesterol
- Lung Function Test
- Vision Testing
- Audiometry
- Blood Cholesterol
- Cardiovascular Risk



CHECK STRESS LEVELS

Consultation with your employees can identify their individual work and domestic stressors; we can then discuss techniques to help them manage stressors and improve emotional wellbeing.



CHECK POSTURE AND MOVEMENT HEALTH

Our health & wellbeing specialists will perform a functional movement assessment evaluating mobility, stability and strength to proactively change employees' work, home and exercise routines, optimising movement and reducing the risk of future pain and injury.



CHECK CARDIOVASCULAR HEALTH

Regular exercise and healthy eating are significant factors in combating high blood pressure and high cholesterol, which can contribute to heart disease. Our tests will help reveal any concerns and provide results.



CHECK DIET AND NUTRITION

Our health and wellbeing specialists can assess nutritional habits and provide individual and targeted advice to support improved nutrition.



CHECK DIABETES

Early signs of diabetes can often be overlooked, leading to further health complications. Our clinicians can assess for diabetes risk factors and advise if further medical investigations are indicated. Advice can be given on lifestyle changes, including exercise and nutrition, to reduce the risks of diabetic complications.



CHECK CHOLESTEROL

Our blood tests will assess cholesterol levels, whilst our clinicians will work with employees to help lower the risk of future cardiovascular disease by implementing healthier behaviours.



LUNG FUNCTION TEST

A simple test can measure the function of the lungs in comparison to normal ranges taking into account age, ethnicity, sex and height. This can help identify the early signs of lung disease, support the employee to seek early medical intervention, and also be a motivating factor in improving overall physical health.



VISION TESTING

Our Keystone Vision Screener measures a person's ability to see objects at three distances. This is important as eye strain and fatigue can result in individuals struggling to view a screen.



AUDIOMETRY

Audiometry is a test which measures hearing ability via short tones which vary in pitch and intensity. Employees will be asked to press a response button, and the sounds will be adjusted accordingly. Results will be presented based on hearing ability across a range of frequencies, assessing if the hearing is below normal levels and comparing any untoward deterioration, which would indicate intervention.



BLOOD CHOLESTEROL

We will analyse blood cholesterol and how they compare to acceptable levels. We will then assess what action needs to be taken regarding diet or referral to a GP for further investigation.



CARDIOVASCULAR RISK

We will assess the risk of cardiovascular disease (CVD): heart attack, angina stroke (brain haemorrhage or clot), or blood circulation. For example, an absolute CVD risk of 8% means an 8% chance of having heart trouble, stroke or blood circulation problems during the next ten years. An individual with an absolute CVD risk of 10% or more should consult their GP as advice; further investigation or treatment may be necessary.

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