

Press Release

3rd August 2015

Free health check service to improve staff wellbeing

Employers across the county are being offered the chance to provide their staff with a free health check at work thanks to a local health provider.

Worcestershire Health and Care NHS Trust have a team of health checkers travelling around the county offering free health checks to those aged 40-74 and they'd like to come to your workplace. The checks last around 20 minutes and tests for blood pressure, cholesterol and diabetes are carried out.

As well as carry out tests, the team of health checkers are able to identify other health needs and offer help and support that may help your employees improve their lifestyle.

Getting a health check could not only support you to be healthy and active team, it could also reduce sickness rates and boost performance as a healthy team is more likely to be a productive one.

For more information please email WHCNHS.HealthCheck@nhs.net

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www.hacw.nhs.uk/