

Workplace Health MOTs

For Employers, when it comes to safeguarding the physical and mental health of our most valued assets, our employees, prevention is better than cure.

Life & Progress in conjunction with Workplace Health MOTs bring you **three exclusive Workplace Health Check options**



Health Snapshot



Entry-Level Workplace Health Check

A concise, preventative health screening designed to provide employees with a quick overview of their current health status and general wellbeing:

Format:

- Approx. 20 minutes per employee
- Up to 20 employees per day

Includes:

- Blood pressure
- Pulse rate and rhythm
- Body Mass Index (BMI – height to weight ratio)
- Waist circumference measurement
- Lifestyle discussion (including diet, exercise, and general wellbeing)
- Consideration of age, gender, and ethnicity-related health risks

These one-to-one health checks are confidential between the employee and the registered nurse. However, we will provide the Employer with generalised, anonymous feedback once completed.

Our Workplace Health Check registered nurses will provide clear explanations and practical advice in line with national guidance and clinical best practice.

Where any potential risks are identified, individuals will be encouraged to seek further support from an appropriate healthcare professional.

Supporting literature from recognised organisations, such as the British Heart Foundation, Cancer Research UK, Orchid, and Mind, will also be made available for employees to take away.

Health Insight



Enhanced Workplace Health Check

Building on the Health Snapshot, this assessment introduces key clinical indicators to provide a deeper understanding of employee health and potential underlying risks.

Format:

- Approx. 20 minutes per employee
- Up to 20 employees per day

Includes everything in Health Snapshot, plus:

- Random blood glucose test
- Total cholesterol measurement

Health Peak



Comprehensive Workplace Health Check

A more in-depth and clinically focused assessment, offering a broader evaluation of cardiovascular and metabolic health, alongside personalised lifestyle guidance:

Format:

- Approx. 30 minutes per employee
- Up to 14 employees per day

Includes everything in Health Insight, plus:

- HbA1c blood glucose test (average blood glucose levels over the past 2–3 months)
- Total cholesterol and HDL ratio
- 10-year cardiovascular risk assessment
- Extended lifestyle consultation with tailored guidance

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