

Workplace Health Checks

Free health checks for your employees

What are workplace health checks?

Workplace heart health checks are a simple yet effective way to help employees stay healthy. These checks can spot early signs of heart disease, stroke and diabetes, giving people the information they need to take action before serious health issues arise.

What's being offered?

Newham Council, in partnership with Newham Health Collaborative, is offering free cardiovascular disease (CVD) health checks in workplaces across Newham until March 2025. These checks are quick, straightforward and done by trained professionals. They include basic health measures like blood pressure and body mass index (BMI), as well as questions about lifestyle habits like smoking, diet and lifestyle. Some individuals may be offered a finger prick blood test if needed.

Why is this important?

Heart disease, stroke and diabetes are major health concerns and early detection can make a huge difference. By offering these checks at work, businesses can help their employees identify potential risks early and encourage them to make positive changes.

Benefits for your business and employees:

- **Healthy workforce:** healthier employees tend to be more productive and take fewer sick days.
- **Convenience:** offering these checks at work makes it easier for employees to get checked without taking time off.
- **Support:** if any issues are detected, employees will receive advice on next steps, including referrals to healthcare services if needed.

How can your business get involved?

If you're interested in offering these free health checks to your employees, you can send us an email at:

nelondonicb.newhamhealthchecks@nhs.net

Or call us:

0203 373 7973

