

Hearing Test

ABOUT OUR HEARING TEST

With a focus on the health and happiness of your employees, we offer advanced hearing tests designed to assess and preserve optimal auditory function. Our experienced team is committed to early detection, providing proactive interventions tailored to individual needs. Whether measuring hearing thresholds or recommending customised solutions such as hearing aids, Employee's Health is at the forefront of redefining employee health. A sample of the results will be given to the individual and the company. Our facilities have been built with two audiometric testing booths to satisfy the stringent requirements of the Australian/New Zealand standards. AS/NZS 1269.

WHAT WILL THE TEST INCLUDE?

- 1. Assessment of Auditory Health:** Hearing tests conducted and provides a thorough evaluation of auditory health, examining the ability to hear sounds at different frequencies.
- 2. Early Detection of Hearing Loss:** Our tests are designed to detect signs of hearing loss at its earliest stages, allowing for proactive measures and personalised interventions to preserve and enhance auditory function.
- 3. Measurement of Hearing Thresholds:** The tests measure hearing thresholds, helping identify the softest sounds an individual can hear across various frequencies and pitches.
- 4. Customised Hearing Solutions:** Results from the hearing tests guide our healthcare professionals in recommending customised solutions, such as hearing aids or protective measures, to address specific auditory needs.
- 5. Promotion of Auditory Wellness:** Our comprehensive approach includes educating employees on the importance of hearing protection and fostering a workplace environment that prioritises auditory health.



SOUND PROOF, HEARING BOOTH DELIVERED TO YOUR SITE

Our facilities have been built with two audiometric testing booths to satisfy the stringent requirements of the Australian/New Zealand standards. AS/NZS 1269.

TIME

This test will take 10 minutes

PRICE

Price on application

Vision Test

ABOUT OUR VISION TEST

We offer advanced vision tests that go beyond routine screenings, providing a comprehensive assessment of visual acuity and eye health. Our experienced team is dedicated to early detection, empowering individuals with the knowledge they need to preserve and enhance their vision. Whether it's identifying refractive errors or detecting potential eye conditions, we tailor our vision tests to the unique needs of your team.

WHAT WILL THE TEST INCLUDE?

Visual Acuity Assessment: The test will measure the clarity and sharpness of vision, typically involving reading letters or symbols on an eye chart from a specific distance. An optometrist will provide Ryde Council employees with a comprehensive eye examination.

The Optometrists will provide a comprehensive eye exam including a visual acuity assessment, peripheral vision testing, an eye health and Glaucoma check. A report and a prescription will be provided if glasses are required.

Free glasses through Vision Australia are available for all ELIGIBLE clients.

The eye health service is available to all clients and is covered by Medicare Australia – so there is no cost with a valid Medicare number. If any of your employees don't have Medicare, the cost will be \$70 for the consultation.

If full examination of the fundus of the eye is recommended, the optometrist may dilate the pupils using drops and great care needs to be taken for up to 4 hours following assessment.

VISUAL ACUITY ASSESSMENT

TIME

This test will take 10 minutes

PRICE

Price on application

Lung Function Test

ABOUT LUNG FUNCTION TESTING

As part of our commitment to employee health, we offer state-of-the-art lung function tests, a crucial component of preventive healthcare. These tests assess respiratory health, providing valuable insights into lung capacity and function. Our experienced healthcare professionals utilise advanced technology to conduct thorough assessments, helping to identify potential issues early on and promoting proactive measures for respiratory well-being. The tests are reviewed and authorised by our medical practitioners. A copy of this report will be provided to the individual.

WHAT DOES THE TEST PROVIDE?

- 1. Early Detection of Respiratory Issues:** Lung function testing allows for the early identification of respiratory disorders, facilitating timely intervention and reducing the risk of complications.
- 2. Measurement of Vital Lung Capacity:** The tests provide a comprehensive assessment of vital lung capacity, including tidal volume, inspiratory reserve volume, and expiratory reserve volume, offering valuable insights into respiratory health.
- 3. Monitoring Disease Progression:** For individuals with known respiratory conditions, lung function testing is crucial for monitoring disease progression, enabling healthcare professionals to adjust treatment plans effectively.
- 4. Guiding Treatment Decisions:** Results from lung function tests guide healthcare professionals in making informed decisions about treatment strategies, ensuring personalised and effective interventions.
- 5. Support for Occupational Health:** In occupational settings, lung function testing is essential for monitoring the impact of workplace exposures on respiratory health, contributing to the creation of a safe and healthy work environment for employees.

A TRUE PICTURE OF RESPIRATORY FUNCTION

Vitalograph is trusted by healthcare professionals all over the world. We deliver expert respiratory diagnostic solutions that are accurate and reliable, enabling our doctors to make the best possible decision for your employee's health.

TIME

This test will take 10 minutes

PRICE

Price on application

Body Flexibility and Assessment Test

ABOUT OUR BODY FLEXIBILITY AND ASSESSMENT TEST

Our advanced assessment goes beyond the conventional, offering a comprehensive evaluation of body flexibility, joint mobility, and muscle strength. Through targeted exercises and measurements, our experienced professionals provide valuable insights to help employees enhance flexibility, reduce the risk of injuries, and improve overall physical performance. All our medical tests will be conducted by our doctor Dr Karam.

WHAT WILL THE TEST INCLUDE?

- Joint Range of Motion:** Evaluation of the flexibility and range of motion in key joints, such as shoulders, hips, knees, and ankles. This helps identify any limitations or stiffness that may affect overall movement.
- Muscle Flexibility:** Assessment of the flexibility of major muscle groups, including those in the neck, back, hamstrings, and quadriceps. This provides insights into muscle flexibility and identifies areas that may require targeted stretching exercises.
- Functional Movement Patterns:** Assessment of functional movements relevant to daily activities and work tasks. This may include bending, twisting, reaching, and squatting to ensure that individuals can perform these movements with proper form and reduced risk of injury.
- Proactive Injury Management:** Assess any potential work related injuries and implement preventive measures to halt the deterioration of the work-related injury.

MUSCULOSKELETAL ASSESSMENT

Our objective is to identify irregularities and compensatory mechanisms, aiming to uncover and address the root causes for further investigation and treatment.

TIME

This test will take 20 minutes

PRICE

Price on application

Women's Health Test

ABOUT OUR WOMEN'S HEALTH TEST

Our Women's Health Test includes thorough breast examinations for early detection of abnormalities and promotes breast health awareness. Additionally, we offer bowel screening to identify potential concerns and support digestive health. By combining these essential screenings, we empower women to take charge of their health journey, fostering a workplace environment that values and supports the unique health needs of every individual. The test will be completed by Dr Bonnie Dinkovski and Dr Benvinda Xabregas

WHAT WILL THE TEST INCLUDE?

- Clinical Breast Examination:** A hands-on examination by a healthcare professional to check for any lumps, changes in breast tissue, or abnormalities.
- Bowel Screening:** A non-invasive Fecal Occult Blood Test (FOBT) that checks for hidden blood in the stool, which could be indicative of conditions such as colorectal cancer or other gastrointestinal issues.
- Health Education and Counseling:** Providing educational sessions on women's health, emphasising the importance of regular screenings, healthy lifestyle choices, and self-care practices.
- Specialised Doctor Checks:** a thorough discussion into vaginal rejuvenation, birth control and contraception choices, breast health, cervical health, endometriosis, fibroids, menopause, amenorrhea, dysmenorrhea, pre-menstrual syndrome, and vaginal discharge.
- Follow-up Recommendations and Care Plans:** Personalised Health Plans: Based on the results of the screenings, healthcare professionals may provide personalised recommendations and health plans to address specific needs or concerns.

WOMEN'S HEALTH

MEDICAL

CONSULTATION

TIME

This test will take 10 minutes

PRICE

Price on application

Men's Health Test

ABOUT OUR MEN'S HEALTH TEST

Our test encompasses a thorough examination of key areas, including groin and prostate health, cardiovascular management, and bowel screening. We understand the importance of proactive health measures, and our dedicated team is committed to providing accessible and personalized care for male employees. This test aims to empower men to take charge of their health journey, fostering a workplace environment that values and supports their unique health needs. This test will be completed by Dr Mike Shenouda.

WHAT WILL THE TEST INCLUDE?

- 1. Prostate Health Examination:** Prostate-Specific Antigen (PSA) Blood Test to screen for elevated levels of PSA, which can indicate potential issues with the prostate, including prostate cancer.
- 2. Groin Health Examination:** A thorough examination of the groin area to detect any abnormalities, hernias, or signs of discomfort that may require further evaluation.
- 3. Cardiovascular Disease (CVD) Management:** Regular blood pressure checks to assess cardiovascular health and manage hypertension, a significant risk factor for heart disease.
- 4. Bowel Screening:** A Non-invasive Fecal Occult Blood Test (FOBT) screening to detect hidden blood in the stool, aiding in the early detection of colorectal cancer or other gastrointestinal issues.
- 5. Health Education and Lifestyle Counseling:** Information Sessions: Providing educational sessions on men's health, emphasizing the importance of regular screenings, healthy lifestyle choices, and self-care practices.

[MEN'S HEALTH](#)
[MEDICAL](#)
[CONSULTATION](#)

TIME

This test will take 10 minutes

PRICE

Price on application