



Our Services

(Refer to attachment)

Cardiovascular Risk Check

Our cardiac assessments are crafted to offer your team a private and personalised evaluation of their present health condition and the risk of heart disease.

Body Flexibility and Assessment

Helps reduce injury and claims through professional evaluation and advice on musculoskeletal flexibility and back problems. Assists employees in preventing back injuries through evaluation of strength, coordination and flexibility.

Skin Cancer Check

Administered by a skilled medical professional with accreditation in skin checks, this examination (either encompassing the entire body or focusing on areas most frequent exposed to the sun, based on preference) can help detect any potential signs of skin cancer.

Mental Health

Provide your employees with tangible insights and practical strategies for addressing mental health, empowering them to effectively support their colleagues and prioritize their own mental well-being.

Vision and Hearing Tests

Our team of hearing experts evaluates employees' hearing using a combination of a comprehensive hearing questionnaire and an Audiometer. Additionally, we incorporate vision tests to assess visual acuity, depth perception, and overall eye health.

Men's Health

Preventing the aggravation of pre-existing health conditions among male employees due to occupational factors, prioritising their well-being and proactive health management.

Lung Function (Spirometry)

Assesses employees' lung capacity and efficiency, delivering an objective measurement of their respiratory fitness. Additionally, it can gauge the extent of lung issues, enabling the identification of potential lung disease.

Women's Health

Preventing the exacerbation of pre-existing health conditions among female employees, addressing occupational factors and prioritising proactive health management to enhance overall well-being.



What We Offer

Our Health Checks program offers additional features such as:

- Management of the entire program via our online booking system
- Tailored marketing posters/emailers for your organisation
- Efficient program management and an online booking system
- Individual results booklets for each participant
- A detailed Corporate Report for 20 employees or more
- Referral to the employee's GP, if necessary, with a follow-up for referred employees with consent.

We Deliver a comprehensive program, managing all aspects, and promoting it internally.
All assessments are conducted by doctors and qualified professionals.