ON SITE EMPLOYEE HEALTH CHECKS

We are in partnership with Turning Point to offer FREE on-site employee health checks for employers across the borough working towards London Healthy Workplace Charter accreditation.

The London Healthy Workplace Charter is a great way for businesses to show that their employees’ health and wellbeing really matters to them. It provides a framework for action endorsed by Public Health England, and the opportunity to gain recognition for good practice through accreditation. [www.london.gov.uk/healthyworkplace](http://www.london.gov.uk/healthyworkplace)

WHAT ARE HEALTH CHECKS?

A health check can be thought of as a ‘Health MOT’. Everyone is at risk of developing heart disease, stroke, type 2 diabetes, kidney disease and some forms of dementia. However, these conditions can often be prevented; and in just 15-20 minutes, a health check can assess our risk of developing these health problems and give personalised advice on how to reduce it.

Health checks shouldn't last more than 20 minutes and will include:

- Simple questions about lifestyle and family history
- Cholesterol test, measured with a sample of blood taken by a small prick to the finger (fasting is not required)
- Blood pressure and pulse test
- Height, weight, waist and hip measurements
- Time to discuss the results of the health check and receive personalised advice, and, if necessary, referrals to GPs for further testing/support
- Information on free or low cost activities available locally or through the workplace.

WHO WILL DELIVER THE HEALTH CHECKS?

Turning Point is a national health and social care provider who will deliver this service on behalf of the Council.

Turning Point health check staff are trained in the specific requirements for delivering health checks. As a minimum, they are:

- holders of Royal Society of Public Health Level 2 awards in Understanding Health Improvement and Understanding Behaviour Change
- signed off as competent to deliver Health Checks following appropriate training delivered by a registered nurse
- given on-going clinical and/or non-clinical support as required, as well as regular observation and field audits to ensure safe and best practice.
Turning Point work in full compliance with the *NHS Health Check Competence Framework* (June 2014), which sets the standards for staff competence in delivering and communicating health checks. This is particularly important guidance where non-clinicians are delivering checks as it sets out assurances for safe and effective conduct. Health check services are overseen by the Senior Clinical Team who review all procedures and support with review and on-going development of practice.

**WHAT HAPPENS TO THE DATA COLLECTED?**

Test results from the health check will be saved on tailored health check software provided by Health Diagnostics, a company who have 10 years of experience of mobile health check delivery support. The information will be destroyed after a set amount of time.

The data of employees aged 40-74yrs, resident in Westminster, Hammersmith and Fulham or Kensington and Chelsea and found to meet all other eligibility criteria for the national NHS Health Check scheme, will be transferred to their GP records, as this workplace service is operating in tandem with the local NHS health check scheme delivered by Turning Point. For any individuals who are identified as being at high risk during a health check, referrals will be made to GPs in line with current health guidelines and recommendations. No individual's data will be shared with any person or agency unless consent is explicitly provided.

Where there are sufficient numbers of health checks to protect the confidentiality of individuals, we will provide general recommendations for you, the employer, to help inform your employee health and wellbeing plans.

**WHAT ARE THE BENEFITS OF WORKPLACE-BASED HEALTH CHECKS?**

**For your business/organisation:**

- Foster a positive attitude – encourage a proactive and responsible approach to health within your workforce and demonstrate that you value your employees
- Identify areas of risk – obtain a valuable insight into areas of potential risk for your employees to inform your health and wellbeing plans
- Flexible delivery – we will work with you to agree the best times for your health check clinics

**For your employees:**

- Empowerment – Health Checks highlight potential concerns and inform and equip your employees to take more control of their health and wellbeing through healthier choices
- Easy access – employees can have a Health Check with minimum hassle

**HOW MUCH DO THE HEALTH CHECKS COST?**

Employers working towards London Healthy Workplace Charter accreditation are eligible for up to two full day clinics (40 health checks) **free of charge.** However,
please note that you will be required to pay the full health check cost if any appointment is not attended (up to £37.47 per check).

We will agree the appropriate clinic lengths / number of appointments for your workplace based on your business/organisation size and the likely popularity of the health checks. Turning Point can operate hour / half-day / full-day clinics.

COMMITMENTS FROM YOU

- Provision of a summary of how employees can access any health & wellbeing initiatives (physical activity sessions, sports clubs, weight loss groups etc.) / EAP that you offer
- Provision of a private room that is suitable for confidential 1:1 sessions (the health check professional will bring all the necessary equipment to deliver the checks at your workplace)
- Responsibility for advertising the health checks to employees, booking appointments and giving registration forms to the health check professional before the clinic (we will provide you with all the electronic materials that you need to do this)
- Payment of the cost of any unused appointments so that council funding is not wasted

For bookings and enquiries, please contact:
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