

**Subject:** Worker Health Checks by Ezy Health Check Nurses.

### **Free health checks**

All workers at **[insert organisation name]** have the opportunity to participate in free WorkHealth health checks on **[insert date]**.

The health check is delivered by an **'Ezy Health Check'** Nurse and will only take approximately 15-20 minutes, and is a great opportunity to learn more about the state of your health. Your results will remain private, and we will not receive any personal information about your health.

If you would like to participate in a free health check, please email **[insert contact at organisation]** at **[insert email address]** or phone **[insert contacts number]** to schedule an appointment.

### **What is a health check?**

WorkHealth offers you the opportunity to learn more about the state of your health while you're at work. The health check is quick and easy and will help you understand your risk of heart disease and type 2 diabetes. You will receive results on the spot.

### **What happens?**

- You complete a short questionnaire
- You have your waist circumference, cholesterol, blood pressure and blood glucose measured by a health professional. The health professional will use a finger prick test to take a few drops of blood to measure your cholesterol and blood glucose levels
- Once completed, you will receive immediate feedback and advice on your results.
- Your results are private. Your employer will not receive any personal information about your health.

For more information go to [www.workhealthcheck.com.au](http://www.workhealthcheck.com.au)