

Changing people's lives

Executive Health Assessment

A Corporate Health Management service.

Corporate health has to start at the top.



What is an Executive Health Assessment?

When members of the executive team get sick, it is often due to the increased levels of pressure they are exposed to in their corporate role: the long hours, irregular routines and travel, along with high-stress decision making, all accumulate and contribute to the deterioration of both their mental and physical states.

To support them to continue and progress in their role and career, you need to monitor and protect their most important asset: their health. Our Executive Health Assessment are the perfect program to start their journey towards sustained high performance in the workplace.

What is an Executive Health Assessment (EHA)? This Health Assessment is one of CHM's most in-depth and valuable assessments. It provides the participant with an opportunity to gain an exceptional picture of their general health and wellbeing, with a focus on disease prevention and risk mitigation.

A comprehensive medical examination, and health and lifestyle review designed to screen participants for the presence, signs, symptoms, and risk factors associated with various cardiovascular, pulmonary, and metabolic diseases as well as other conditions such as musculoskeletal concerns.

At the conclusion of the assessment, the doctor will discuss any identified risks and follow up action required. If necessary, the doctor will provide relevant referral letters for the individual, with attention to gender-focused tests and needs of the executives. Additionally, a comprehensive report will be compiled with an extensive, personalised summary outlining key findings and recommendations.

“The most powerful leadership tool you have is your own example”



Through our experienced partners we are able to deliver cervical cancer screening, prostate screening, mammography scan, and bone density scan. We work closely with each executive to provide tailored recommendations and follow-up consultations to ensure optimal health outcomes.

We believe that these tests are valuable in detecting and preventing various health issues that may not be apparent during the Executive Health Assessment (EHA) program. These tests have the potential to identify and treat diseases in their early stages, which could ultimately save lives.

We offer these tests* as a referral after the EHA program to ensure that your executives have time to prepare for the additional tests and receive a comprehensive evaluation of their overall health status. By doing so, your executives will be well-informed and ready to take the necessary steps to improve their health.

*Except Prostate Screening which can be done on the day.

“It is crucial Australians prioritise their health right now.”



Why choose Executive Health Assessment?

Issues and challenges companies now face.



Organisation Risks



Executive Health Assessments Solutions

A comprehensive health and wellbeing strategy needs to be evidence informed to be effective and cost efficient.

With the data captured by CHM's Executive Health Assessments, CHM will be able to identify the right interventions and benefits to target your executive team, allowing them to perform efficiently at work and beyond.

Losing your top executives to illness, absenteeism or fatality can be extremely disruptive to the successful running of an organisation.

The earlier you notice an executive is experiencing potential signs of ill physical or mental health, the sooner you can intervene and take steps to support them.

Organisations that fail to demonstrate that the health and wellbeing of their staff is paramount, could be less successful in recruiting the best executive talent.

Providing regular employee health services, starting with the executive team, is one way an organisation demonstrates the value of their people, and how they will support all employees to lead healthy and fulfilling lives

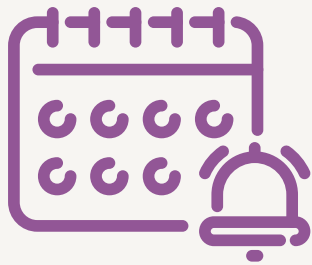
We know that executives face high-stress levels, burnout and constant pressure to perform at their best.

With CHM's Executive Health Assessment, we understand an executive needs to be supported in their own health and wellbeing to be able to lead their teams effectively.

Executives are busy running from meeting to meeting, starting early and ending late. They generally don't prioritise getting themselves to different health practitioners to assess their overall health.

CHM's Executive Health Assessments take all the planning and scheduling out of your executives (or their EAs hands). We come onsite and perform all the critical assessments, allowing minimal disruption to their busy day.

Australians are delaying healthcare appointments and tests during COVID-19 **and this trend is continuing, but it is crucial Australians prioritise their health right now.**



More than ever, it is important for organisations to assess their employees physical and mental state, and Executive Health Assessments are an effective and affordable way of doing this.

- Director, Human Resources

Executive Health Assessment *Corporate health has to start at the top*

The majority of executives are not healthy, and they are looking more and more to their employer to provide an environment where they can be healthy and successful at life, not just at work.

- Private Health Insurance CEO



Above all else, being an employer of choice is good for the bottom line. Every dollar an organisation invests in staff wellbeing, **for instance, brings a \$2.30 return on productivity.**

The Executive Health Assessment has 3 stages:



1. Assessments

90 minute assessment across a multidisciplinary team of doctors or allied health professionals.



2. Reporting

Participants will be provided with a personalised report outlining key findings and recommendations as discussed during the Health Assessment and referral follow-up. This report is designed to educate participants on their present and changing health status, to adopt preventive strategies and reduce poor health outcomes.



3. Action Plan

Develop an action plan and implement it either with the individual, broader team or at the organisation level.

How are the results obtained?

Executives will be provided with a personalised report outlining key findings and recommendations 10 working days post the executive health assessment

** Comparison with previous assessments showing change over time (from year two onwards).

What are the qualifications of the facilitators delivering the Health Assessments?

Executive Health Assessments are delivered by medical practitioners and registered & enrolled nurses.

What happens if a potential health risk(s) is identified?

Any areas of concern or potential risk (i.e. test results that fall outside the desired range) will be communicated to the employee, along with recommended follow up at the time of the appointment.

Depending on the severity of the identified/potential risk, the employee may be recommended to follow up with their GP (at their own cost) at their next visit, within one month or possibly within 24 hours.

How will the results be used?

The employer will be provided a summary of health results (aggregate and de-identified), along with future program recommendations for the executive team. CHM has a number of health management programs designed to help executives achieve their long term health goals.

Each assessment covers diverse aspects of health and wellbeing.

1. Pre Appointment Blood Test (Pathology)

- Thyroid (men and women over 50)
- Fasting cholesterol (total cholesterol/HDL/LDL)
- Fasting triglycerides
- HbA1c (average plasma glucose)
- Fasting full blood exam– haemoglobin, red and white blood cells, platelets
- Liver function
- Kidney function

2. Overview of lifestyle/history

- Personal lifestyle and medical questionnaire
- Personal and family health history
- Lifestyle profile – stress, depression, anxiety, sleep, quality of life
- Comprehensive health and medical examination
- Nutrition guidance

3. Physical examination and other testing

- Basic skin check for sun-exposed areas (optional)
- Type 2 diabetes risk assessment
- Absolute CVD risk assessment (>45 years, >35 years ATSI)
- Body composition (Body Mass Index)
- Waist circumference
- Audiometry (hearing screening)
- Blood pressure and resting heart rate
- Resting ECG
- Cardiovascular risk assessment
- Abdominal exam
- Cardiorespiratory exam
- Neurological exam
- Musculoskeletal exam
- Visual acuity
- Mental Health Assessment (K10 questionnaire) and referral to EAP as necessary



Investment

Executive Health Assessment options

Depending on your business needs and requirements, please contact us today for a free quote that best works for you and your people.

Contact

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CHM

Corporate Health Management is one of Australia's leading providers of corporate health services. We have worked with hundreds of organisations, and thousands of individuals, providing a diverse range of health and wellbeing services.

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