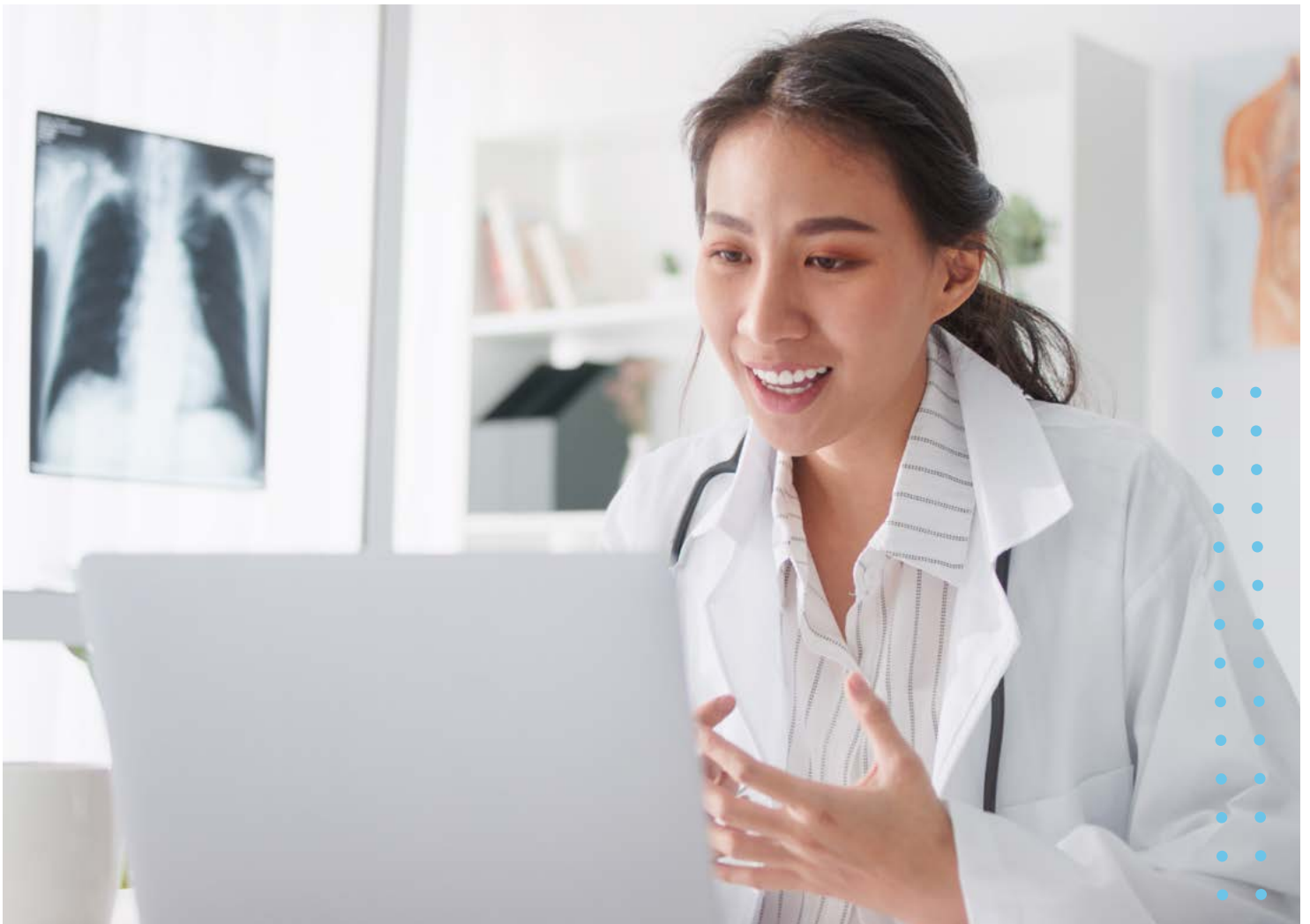


Changing people's lives

Virtual Health Appraisals

A Corporate Health Management service.

Bringing health to your doorstep.



What is a Virtual Health Appraisal?

As employers we know we have a responsibility to protect and support the health and wellbeing of our staff. We know that companies that work with staff to develop approaches that invest in the health and wellbeing of their staff see higher rates of retention, reduced sickness absence and increased productivity.

Sometimes it can be hard to understand where to prioritise investment in staff health and wellbeing, especially when moving beyond the basic health and safety legislative requirements. A Virtual Health Appraisal can be a useful and simple way to gather anonymous information about the health of a company's workforce and also provides a baseline of data against which to track progress.

The purpose of the Virtual Health Appraisal is to educate participants on their health, and to detect early warning signs of preventable, lifestyle disease, specifically cardiovascular disease and type 2 diabetes, along with identifying early warning signs of emotional wellbeing risk factors such as, stress, depression and anxiety.

Once any risks or areas for improvement have been identified, behaviour modification strategies are discussed to promote wellbeing and mitigate your risk of future illness. This Virtual Health Appraisal will be provided virtually with each employee connecting with a CHM practitioner via Microsoft Teams for their appointment. This will provide greater flexibility in the available appointment times made available to all employees.



Why choose Virtual Health Appraisals?

Issues and challenges companies now face.



Organisation Risks



Virtual Health Appraisals 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 Virtual Health Appraisals, CHM will be able to identify the right interventions and benefits to target your priority areas, to make your health and wellbeing strategy work.

Organisations that fail to build a culture of recognition and value of their employees will lose top employees to others that do.

Providing regular employee health services is one way an organisation demonstrates the value of their people, and how they will support them to lead healthy and fulfilling lives.

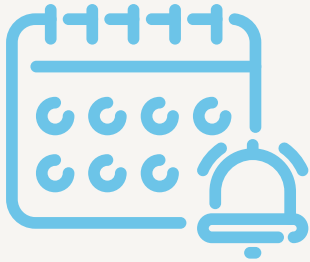
Employee absenteeism is costly, and it can hurt company morale and productivity. However, many absences are preventable.

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

With the current hybrid work model, many organisations have struggled to get their employees onsite for health and wellbeing initiatives.

With CHM's Virtual Health Appraisals, employees can benefit from discussing their health with a professional, while still enjoying the comfort and security of working from home.

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 health appraisals are an effective and affordable way of doing this.

- Health and Wellbeing Advisor

Virtual Health Appraisals *Bringing wellbeing to you*

With this health appraisal data, we can identify current and future health risks and my team can develop a data-backed strategy to safeguard and promote our employees' health and wellbeing.

- Director Health, Safety & Wellbeing



The Royal Australian College of General Practitioners (RACGP) has noted a significant drop in patient attendance at medical clinics, **but patients are beginning to return, using access to telehealth.**

What does Virtual Health Appraisal include?

The purpose of a Virtual Health Appraisal is to assess and reduce the risk of developing life style diseases such as type 2 diabetes and cardiovascular disease. During the appointment, blood pressure, non-fasting cholesterol (total and HDL), non-fasting blood glucose and waist measurements are recorded.

Employees will be required to attend a pre assessment blood test and also provide a recent blood pressure reading from their GP or Pharmacy.

Employees will also complete a questionnaire regarding their nutritional habits, physical activity levels, smoking status, sleep health, personal and family health history, along with your an emotional health questionnaire (K10) to understand any feeling of anxiety or depression.



How long does an appointment last?

Virtual Health Appraisals are 30 minutes in duration.



How are the results obtained?

Results will be provided to the employee via email at the time of the appointment.



What are the qualifications of the person delivering the Virtual Health Appraisal?

Virtual Health Appraisals are delivered by the following:

Medical Practitioner

reviews pathology results.

Registered & Enrolled Nurses

conduct the online virtual assessment and provide the Virtual Health Appraisal report.

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?

Results will be provided to the employee on the day, along with lifestyle advice and recommendations (as required). The employer will be provided a summary of health results (aggregate and de-identified), along with future program recommendations. It is important to note, a Virtual Health Appraisal is not assessing work related health and fitness, they are simply a tool to identify and reduce your personal health risk.

Each assessment covers diverse aspects of health and wellbeing.

1. Pre Appointment Blood Test (Pathology)

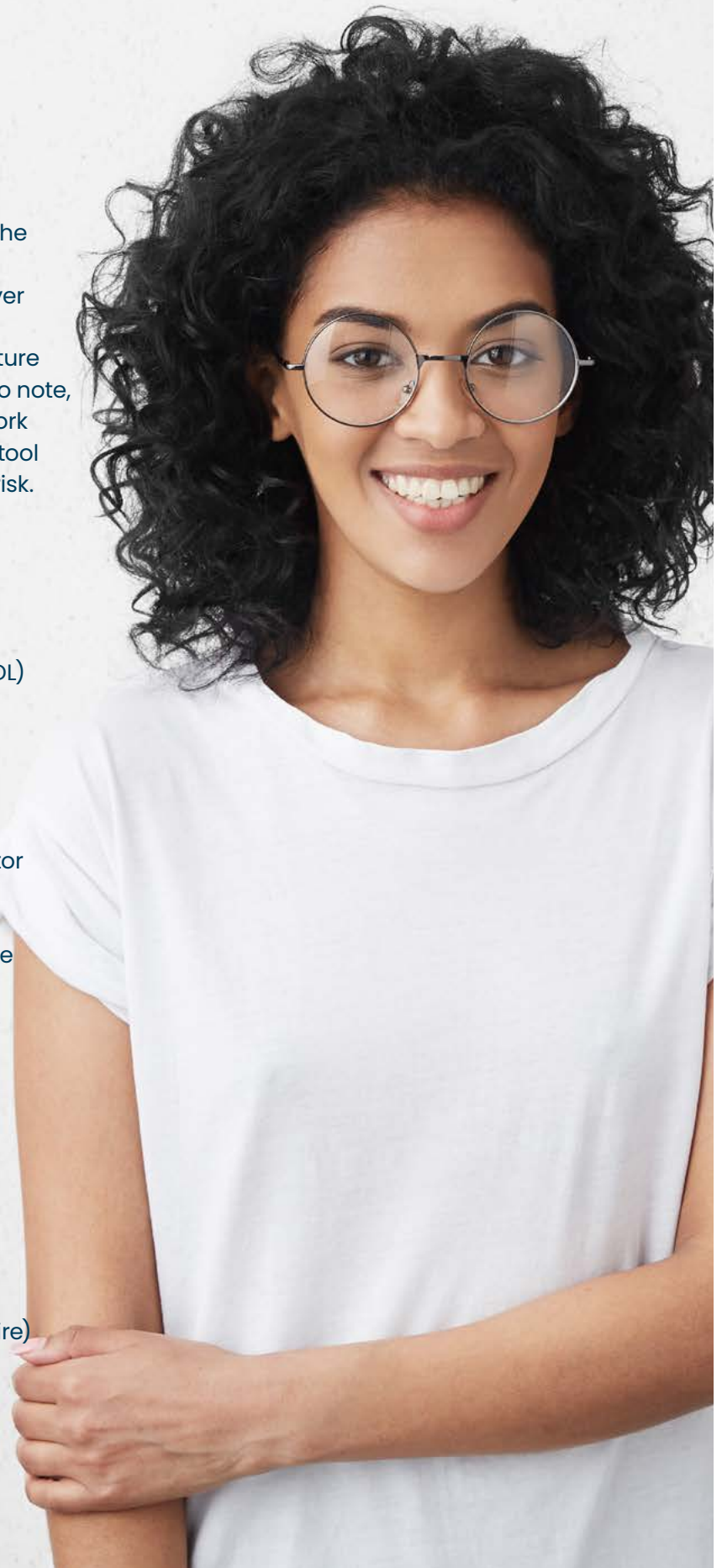
- Fasting cholesterol (total cholesterol/HDL/LDL)
- Fasting triglycerides
- Fasting Blood Glucose
- Vitamin D
- PSA
- Blood Pressure
- Each blood tests is reviewed by a CHM doctor

2. Overview of lifestyle/history

- Personal lifestyle and medical questionnaire
- Personal and family health history
- Lifestyle profile - stress, depression, anxiety, sleep, physical activity
- Nutrition guidance

3. Physical examination and other testing

- Type 2 diabetes risk assessment
- Absolute CVD risk assessment (>45 years, >35 years ATSI)
- Body composition (Body Mass Index)
- Waist circumference
- Mental Health Assessment (K10 questionnaire) and referral to EAP as necessary



Investment

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

Contact
Zymri Alimi | Head of Business Development & Partnerships
(03) 8584 1900 | services@chm.com.au

Cancellation Policy

Notice	Cost
Seven business days or more	0% fee payable on all scheduled services
Less than seven business days	100% minimum day rate applicable



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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