fullspectrum corporate health solutions

Full Spectrum Health Expo

Inner Health Through Innovation

What is a Full Spectrum Health Expo?

A Full Spectrum Health Expo is, in effect, a health promotion day at your worksite. Following your Organisational Health Audit, we set up a number of solution focused stalls and displays, in a prominent area (training room or boardrooms), and allow staff to drift through taking advantage of the services that appeal to them as individuals. Full Spectrum Corporate Health Solutions will coordinate all administration and associated preparations. All you have to do is provide a venue and schedule a convenient day. The rest is up to us! All employees will be sent promotional material advising them of the Health Expo date (or days depending on the size of the organisation), time and location well in advance.

Why Choose Your Full Spectrum Health Expo?

A Full Spectrum Health Expo is a perfect way to launch your Corporate Health Programme and showcase the health initiatives your organisation may already have in place.



- **Provide your employees a snapshot of each health module comprising your organisation's Corporate Health Programme**
- **Enhance employee health awareness**
- **Present the opportunity for your employees to experience an array of Health Providers in the one location and time**
- **Provide your employees with the framework to self-manage their own health more effectively and efficiently**

Individualised Solutions

Each participant receives an "Expo Showbag" containing a personalized results summary along with easy to understand, provider specific, information handouts.

Executive Summary

Management and HR have the option of requesting an Executive Summary. The Executive Summary entails a detailed report, highlighting group averages for the Health Expo. This report can be broken down to compare variations between departments, different unit locations (where applicable), age and gender. Your Executive Summary can then be used to specifically tailor future interventions of the Corporate Health Programme for your organisation.



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What does a Full Spectrum Health Expo include?

Health Professionals:

- Nutritionists
- Naturopaths
- Massage Therapists
- Reflexologists
- GP's
- Dermatologists
- Personal Trainers
- Chiropractors
- Speech Pathologists
- Osteopaths
- Podiatrists
- Dieticians
- Registered Nurses
- Life Coaches
- Counsellors
- Physiotherapists
- Exercise Physiologists



Services:

- Blood pressure screening
- Cholesterol checks
- Blood sugar assessments
- Diabetes risk assessments
- Skin cancer checks
- Cardiac risk assessments
- Cardiovascular fitness assessments
- Lung function assessments
- Fluvax
- Gender health
- Voice checks
- Postural assessments
- Functional movement screening
- Group exercise classes
- Manual therapies
- Head, neck and shoulder massage
- Reflexology treatment
- Yoga and relaxation classes
- Guided meditation
- Iridology assessment
- Healthy cooking demonstration
- Energy boost bar

Time Frame & Logistics

Given past experience and expertise in this area, it is our recommendation to stage your Full Spectrum Health Expo over a minimum 4 hour period so as to minimise interruptions to your work day. A minimum 4 hour Health Expo maximises employee participation and exposure to the services at their disposal throughout the coming year.

Operational logistics differ for each expo dependent on selected services, staff numbers, location etc. Full Spectrum will fully manage setup and delivery and liase with HR and other decision makers to deliver an expo that meets your expectations and our high standards.

Full Spectrum Corporate Health Solutions
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