fullspectrum
corporate health solutions

Health Risk Appraisals

Keep your employees in the workplace, not in Hospital

What are Full Spectrum's Health Risk Appraisals?

Full Spectrum's Health Risk Appraisals are designed to provide insight into the health status of your staff specific to the risk factors of Diabetes and Coronary Heart Disease - 2 of Australia's biggest killers and most significant causes of lost productivity.

Full Spectrum offers 3 levels of Health Risk Appraisal

1. **Group Health Risk Assessment;** A group seminar and Health Risk Questionnaire with bloodwork performed separately either by FSHS staff or the participant's GP
2. **Healthy Heart Snapshot;** Individual 20 minute assessments
3. **Healthy Heart Checkup;** A 30 minute comprehensive heart disease and diabetes risk assessment. Full Spectrum's Health Risk Appraisals provide scientifically reproducible starting points from which to measure future health improvements and a platform of health and lifestyle solutions designed to action that improvement.

Why Choose Full Spectrum's Health Risk Appraisals?

- Proactively assess, and minimise, employee health risks specific to Diabetes and Coronary Heart Disease
- Reduce employee health related absenteeism
- Deliver employee specific health management strategies
- Build employee good will with a proactive level of organizational care



Individualised Solutions

Participants in Full Spectrum's Healthy Heart Snapshot and Healthy Heart Checkup will be provided with a comprehensive "Health Passport" detailing their screening results compared with national norms tables, along with Full Spectrum's Healthy Heart and Diabetes Risk Prevention education and solutions package.

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 Risk Appraisal. 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 do Full Spectrum's Health Risk Appraisals include?

Full Spectrum's Health Risk Appraisals include elements of the following, specific to each level of screening.

1. Medical/Health Questionnaire and Lifestyle Risk Evaluation

As a component of the Comprehensive Health Risk Appraisal, all participants are required to complete a Lifestyle Risk Evaluation Questionnaire. The Lifestyle Evaluation provides valable insight regarding the participants activity levels, nutrition intake, ability to manage stress and predicted future coronary risk.

2. Healthy Heart Check

The Healthy Heart Check provides a multi-parameter assessment of each participant's cardiovascular health. Through our assessment of their risk factors and provision of participant specific education and solutions, your employees will receive the required knowledge to develop their own strategies and reduce their long-term risk factors associated with heart disease.

3. Diabetes Risk Evaluation

A diabetes risk evaluation assesses blood glucose management and risk of hyper or hypoglycaemic states. Participant specific solutions and education are provided to assist your employees to develop their own strategies and reduce their long-term risk factors associated with diabetes mellitus.

Our Health Risk Appraisals

1. Group Health Risk Assessment

(Group Seminar and Guided Health Risk Questionnaire)

a) A Medical/Health Questionnaire and Lifestyle Evaluation (plus the option of FSHS or participants GP to assess bloodwork)



2. Healthy Heart Snapshot

(Individual 20 min appointment)

a) A Medical/Health Questionnaire and Lifestyle Evaluation

b) Total Cholesterol

c) Fasting Blood Glucose Levels

d) Resting Blood Pressure

3. A Healthy Heart Checkup

(Individual 30 min appointment)

a) A Medical/Health Questionnaire and Lifestyle Evaluation

b) Blood Lipid Profile (Total Cholesterol, HDL, LDL and Triglycerides)

c) Fasting Blood Glucose Levels

d) Resting Blood Pressure

e) Waist to Hip Ratio (Abdominal Health)

f) Body Mass Index

g) Personalised Coronary Risk Assessment

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