



## ArboNed's Personal Preventative Medical Examination service: providing an insight into the health of your workforce

The Personal Preventative Medical Examination service is a comprehensive health check for your employees, consisting of an online questionnaire with fixed questions for office and/or operational staff and a physical examination conducted by one of our vitality and health consultants. The Personal Preventative Medical Examination service shows you **how healthy your employees are and provides an insight into the key risks that can lead to absence.**

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# ArboNed's Personal Preventative Medical Examination service

**The Personal Preventative Medical Examination service brings your employees' well-being, lifestyle, work capacity and work-related health risks into focus. The results are set out in a report, with explanations specifically tailored to your company. This makes it easy for you to get started straight away on maintaining or improving your workforce's health and productivity so that absence is prevented.**

## **Less absence equals fewer costs**

People who feel fit and healthy call in sick less frequently. This reduces absence in your company and also decreases operating costs. This is important, as the costs of one day of absence can amount to € 250.

## **A full health check-up**

The Personal Preventative Medical Examination service is a health check, consisting of an online questionnaire with fixed questions for office or operational staff and a

physical examination. The online questionnaire asks employees about how they feel about their health and lifestyle.

The physical examination takes approximately 30 minutes and is carried out by our vitality and health consultants at any of ArboNed's seven offices or at your own site if preferred. The physical examination consists of:

- determination of BMI (Body Mass Index) through measuring height, weight and waist
- finger prick blood test for cholesterol and sugar levels
- either a computer monitor eye examination (for office staff) or a hearing and lung test (for operational staff)

## **A company-specific group report**

Once the programme has been completed, you will receive an optional easy-to-read group report, which maintains the privacy of your staff. You will also be provided with clear recommendations on what you and your employees can do to improve health and reduce the risk of absence.

Our vitality and health consultant will discuss the report with you in person, or by phone at your request. And, if you wish, your company can then work with our lifestyle coach on a follow-up programme **focusing on a healthy lifestyle aimed at keeping employees fit and helping them to enjoy their work.**

## **A toolkit for informing your workforce**

We will be happy to help you inform your employees about the Personal Preventative Medical Examination and motivate them to take part, as participation is very important. It not only provides insight and health benefits to participants, but also reduces absence and provides you, the employer, with a more reliable overview of the current situation. If you wish, we can supply you with a full

## **Insight into vitality**

- Your employees gain insight into their own health, lifestyle and health risks.
- Awareness of the importance of good mental and physical health is increased
- Making use of the Personal Preventative Medical Examination service will mean that you meet your statutory obligations
- Your employees fill in an online questionnaire and undergo a physical examination
- You gain insight into the mental and physical health of your people
- You gain insight into the causes of current or imminent absence, whether related to work and/or lifestyle
- Any employees with an increased risk are invited to a consultation with one of our vitality and health consultants
- You receive specific advice, including conclusions and recommendations
- Our vitality and health consultant discusses the Personal Preventative Medical Examination report with you

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range of support materials, including a text for announcing the examinations, posters, leaflets and texts for intranet use.

### Sign up today

Do not delay in tackling health risks and visit [www.arboned.nl](http://www.arboned.nl). Alternatively, contact us on 030 299 62 77 or at [salesupport@arboned.nl](mailto:salesupport@arboned.nl).

### About ArboNed

ArboNed helps to improve the health and fitness of employees at Dutch SMEs. We provide our services to 61,500 employers and more than 600,000 employees each day.

We reduce absence, minimise work-related risks and help ensure that you have healthy, motivated and competent employees. Our starting point is gaining an understanding of the situation a company is in. With our analytical instruments (in accordance with the statutory obligations), we provide you with insight, advice and practical solutions that make a demonstrable contribution to people's health and fitness. Because to be able to achieve their goals and ambitions, employers need to have fit employees.

ArboNed is part of [HumanTotalCare](#). For more information, go to [www.arboned.nl](http://www.arboned.nl).

### The various Preventative Medical Examination options

ArboNed has developed different Preventative Medical Examination services for businesses. If you are looking for a comprehensive health check that includes a physical examination, then opt for the Personal Preventative Medical Examination service. Choose the Vitality Preventative Medical Examination service if you would prefer a customised screening. An overview of all the options is given below.

	Personal Preventative Medical Examination service	Vitality Preventative Medical Examination service
<b>Questionnaire</b>		
Online questionnaire	✓	✓
Suitable for office staff or operational staff, or a combination of both	✓	✓
Customised questionnaire, various modules to choose from, inclusion of specific aspects that apply to your organisation and/or sector	-	✓
Inclusion of Workability Index (WAI)	-	✓
<b>Physical examination</b>		
Physical examination	✓	✓
<b>Feedback/advice recommendations to employees</b>		
Individual report	✓	✓
Consultation with employees in the case of increased health risk	✓	✓
<b>Analysis and report</b>		
Group report*	✓ (2 groups max)	✓
Report according to age, and gender*	✓ (2 groups max)	✓
Report according to position and department*	✓ (2 groups max)	✓
Customised analysis: trend analysis, linking to client's KPIs (absence, productivity)	-	✓
Optional partial reporting	-	✓
Customised reporting (including linking to employee satisfaction survey)	-	✓
<b>Discussion</b>		
Consultation with employer**	✓	✓
Price***	By quotation	By quotation

\* The number and type of groups the report resulting from the Vitality Preventative Medical Examination service is broken down into can be requested.

\*\* ArboNed's vitality experts explain the group report over the telephone and provide advice to employers.

\*\*\* The preventative medical examination services are exempt from VAT.