



ArboNed's Vitality Preventative Medical Examination service - a customised approach

The Vitality Preventative Medical Examination service consists of an online questionnaire for your employees based on the risks that are specific to your company and your employees' positions, as well as a physical examination. 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**. Working with you, we determine what the Vitality Preventative Medical Examination will involve in order to ensure that it is fully aligned to your organisation's objectives. The results are then linked to specific action points and measures.

ArboNed



ArboNed's Vitality Preventative Medical Examination service

The Vitality Preventative Medical Examination service brings your employees' well-being, lifestyle, work capacity and work-related health risks into focus. Using the results obtained, we work with you to draw up a plan of action, detailing specific action points for achieving the company objectives.

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 customised vitality programme

The Vitality Preventative Medical Examination service is a comprehensive health check, comprising a customised online questionnaire for employees, tailored towards the objectives you have in terms of vitality and other matters.

The questionnaire is supplemented by a physical examination carried out by one of our vitality and health consultants. The online questionnaire asks employees

about how they experience their own health and what their workstation and working conditions are like. Straight after filling in the questionnaire, they receive a personalised report that provides them with insight into their mental health, energy, lifestyle and physical health.

The physical examination takes approximately 30 minutes and can be carried out at your own site or at any of ArboNed's seven offices. The physical examination consists of:

- determination of BMI (Body Mass Index) through measuring blood pressure, height, weight and waist
- finger prick blood test for cholesterol and sugar levels
- either a computer monitor eye examination (for office staff only) or a hearing and lung test (for operational staff)
- This can be supplemented by further physical examination on the basis of specific occupational risks

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 Vitality Preventative Medical Examination service will mean that you meet your statutory obligations
- You gain insight into the causes of current or imminent absence, whether related to work and/or lifestyle
- Your employees fill in an online questionnaire and undergo a physical examination
- You are able to link your organisation's KPIs to absence and productivity figures
- You receive partial reports and comparisons on the basis of age, gender, position and department
- The Vitality Preventative Medical Examination service provides you with a comprehensive report, detailing specific action points that are fully aligned with your company objectives
- The Vitality Preventative Medical Examination service helps to ensure the sustainable deployability of your workforce

We recommend offering all your employees a consultation with our vitality and health consultant. **This way, all employees, regardless of whether they have an increased health risk, receive the opportunity to actively focus on their health and lifestyle.**

Additional group report options

You will receive a comprehensive customised report, with the option of further partial reports and comparisons based on age, gender and department. The Vitality Preventative Medical Examination service also gives you additional report options. ArboNed can handle the entire process; one of our experts will then carry it out from start to finish. Working together leads to the best results.

The standard report can be supplemented by a trend analysis across time. This allows you to measure the effects of, for example, a vitality coach within your organisation. If you would like to take things even further, you can link your own specific data (such as absence figures and KPIs) to current vitality and productivity and then translate these into a Financial Impact Score Card. This provides you with a clear view of the sustainability of your organisation and clear recommendations on what

ArboNed



you and your employees can do to improve health and reduce the risk of absence. The recommendations are set out in a multiannual programme drawn up by ArboNed's experts.

Sign up today

Do not delay in tackling health risks and visit www.arboned.nl. Alternatively, contact us on 030 299 62 77 or at 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.

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
Questionnaire		
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)	-	✓
Physical examination		
Physical examination	✓	✓
Feedback/advice to employees		
Individual report	✓	✓
Consultation with employees in the case of increased health risk	✓	✓
Analysis and report		
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)	✓	✓
Discussion		
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 types of preventative medical examination are exempt from VAT.

ArboNed