



## Reasons To Promote Workplace Health

- Enhanced employee productivity
- Reduced employee absenteeism
- Decreased rates of illness and injury
- Increasing retirement age
- Enhanced corporate image
- Improved employee morale
- Improved employee recruitment and retention
- Increased commitment to a culture of health

## Protecting Your Assets

HealthReach offers a selection of health screening and seminar packages to businesses in Ireland. Our services include

- Health Events
- Nutritional Consultations & Diet Plans
- Employee Screening Packages
- Body Mass Composition Testing
- Blood Glucose Testing
- Cholesterol Testing
- Cardiovascular Risk Assessment
- Blood Pressure Testing
- Peak Flow Lung Capacity Testing

## Healthy Workers Work Best

Everybody benefits when employees lead healthy, energetic and productive lives. Over twelve weeks, The Workplace Health Challenge™ empowers employees by creating a culture of health within your organisation. Run entirely on your premises, the programme includes:

- Confidential Before & After Health Screening
- A Five Seminar Health Education Course
- Weekly Healthy Choices Mini Challenges
- 1 To 1 Public Health Nutritionist Consultations
- Individual Nutrition Plans
- A Healthreach Starter Pack
- Workplace Health Challenge™ Weekly Workbook
- Exercise Log
- Food Diary
- Promotional Workplace Materials
- Equipment On Site For 12 Weeks
- Email Support



**HEALTHREACH**  
Screening | Education | Motivation

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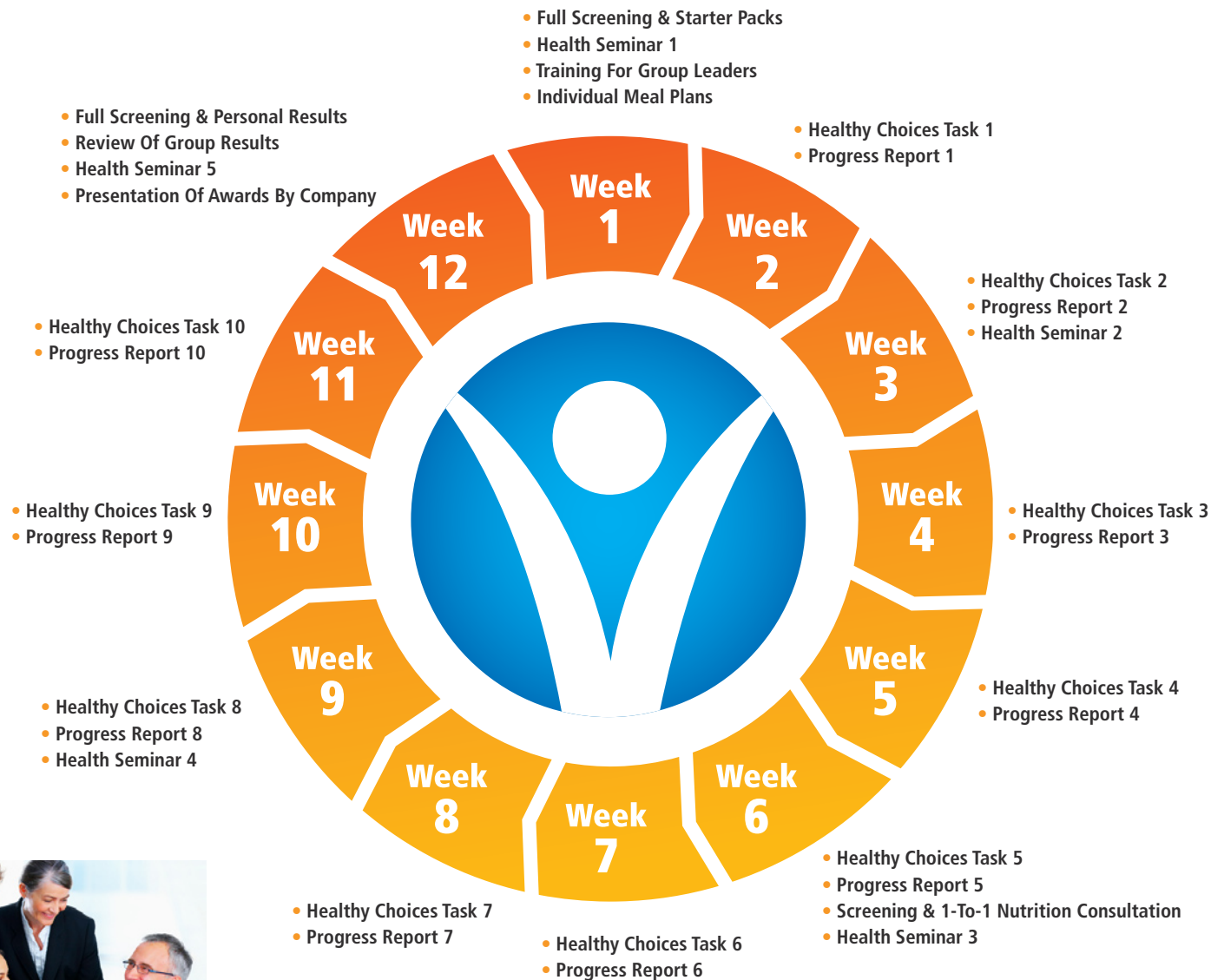
**How we can benefit your company?**

# The Workplace Health Challenge™



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# The Workplace Health Challenge™



## Who can take part?

Unlike many workplace health initiatives, the Workplace Health Challenge™ is of benefit to all employees. People at any level of health can take part without feeling excluded.

## Why do it?

Many CVD risk factors have no symptoms. Screening is essential and while screening alone won't improve an individual's circumstances, participating in the Workplace Health Challenge™ will.

## What will they do?

Participants work towards both personal and group goals. The group works together to achieve a score which represents their reduction of cardiovascular disease (CVD) risk factors, a great indicator of overall health.

## Which Improvements Are Measured?

- Cholesterol
- Body Mass Composition
- Blood Pressure
- Peak Flow Lung Capacity
- Body Weight
- Steps Per Day
- Body Mass Index

**Choose Health: Call 01 860 0444 Today.**



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