

## Health Assessments

For over 20 years, CHG has been assisting companies throughout Australia make a crucial investment in their most important asset – their people. CHG partners with employers to improve the health status of employees through Employee Health Assessments, aimed at:

- Providing a snapshot of an individual's and workplace's current health status
- Increasing awareness of relevant health issues
- Educating and motivating employees on strategies to help initiate healthy behavioural change
- Using the organisation's health profile to develop targeted workplace health promotion programs
- Referring high risk individuals to their GP or other appropriate health professional for follow-up and management

All tests and counselling are conducted onsite by tertiary qualified health professionals with extensive experience in individual health counselling.

### Health Assessment Testimonial

*"I have lost almost 7 kilos since the health assessment. I have achieved this by diet and exercise. I have purchased an exercise bike and do 15-20 min per day plus sit-ups. I have also started eating more fruit and veg and have cut out sweets from my diet. The health check was just the motivation I needed.*

*Thank you and I can't wait till the next one to see my improvement."*

- Mark

### Health Assessment Screens Available

- Aerobic Fitness Test
- Stress Profile
- Nutrition Profile
- Flexibility and Strength and Stability testing
- Vision Screen
- Hearing Screening – review by CHG Audiologist
- Lung Function Screening – review by CHG Doctors
- Health Questionnaire
- Blood Pressure
- Blood Glucose
- Blood Cholesterol
- Body Composition
- Alcohol
- Sleep
- Heart Risk Profile
- Work Life Balance
- Health and Performance Age

### Costs

Please see following page.

### Additional Health Assessment Costs

- A cancellation charge will apply, where appointments are left blank at the end of a day, there is no cost associated.

### Reporting

Cost: \$220 + GST

## Cost Structure

Assessment	Duration	Description	Cost
Heart Starter	10 minute assessment	A great snapshot of some of the most important health indicators. It includes analysis and counselling regarding, blood pressure, blood glucose, cholesterol, HDL, total cholesterol/HDL risk ratio. The cholesterol analysis is conducted using the Cholestec LDX, the most accurate point of care screen available.	\$ 45.00 + GST pp
Healthy Heart	20 minute assessment	'Heart Starter' + body composition measures including BMI and Waist to Hip Ratios, with counselling on the healthiest ranges. Using our heart risk profile the personal information collected will provide participants a prediction of individual risk of Australia's leading killer – Cardiovascular Disease. Practical tips to reduce this risk are the focus.	\$ 72.00 + GST pp
Health Heart + Nutrition and Stress	30 minute assessment	30 minute assessment including the components listed in the Healthy Heart Assessment and a comprehensive personal nutrition and stress profile.	\$ 98.00 + GST pp
Comprehensive Health Assessment	60 minute assessment	Full comprehensive assessment, including blood pressure, blood glucose, cholesterol, HDL, total cholesterol/HDL risk ratio, body composition, grip strength, vision screen, lung function, 9min submaximal fitness test, flexibility and stability testing, questionnaire data and counselling (nutrition, stress, alcohol, physical activity, work life balance) and health and performance age.	\$ 178.00 + GST pp

\* Please note, modified versions are available to meet client needs.

“CHG conduct over 5,000 health assessments in South Australia per year. CHG are experts in delivering onsite health assessments that improve health and wellbeing, increase productivity and reduce injury claims.”



## Executive Health Evaluations

CHG's Executive Health Evaluation is more than just an annual medical check. It is a comprehensive health horizon scan that aims to identify any current or hidden health risks before they become problematic. Extensive counselling and personalised action plans then create a basis for long term health solutions and assist in ensuring your key personnel are kept in peak condition.

The evaluation takes approximately 2 hours and includes the following:

Comprehensive Medical Assessment:

- Review of past medical history, present and future health concerns
- Review of blood tests and personal history form
- Skin check
- Gender specific examination
- Urine analysis
- Blood pressure
- Lung Function (Spirometry) assessment
- Resting Electro-Cardiogram
- Exercise Stress test
- Maximal Aerobic Fitness test (VO<sub>2</sub> max treadmill)
- Cardiac Risk Rating Score and heart age
- InBody Body Composition Analysis Scan
- Selective Ultrasound assessment
- Results summary to nominated GP
- Urgent Doctor's referral (if needed)

Lifestyle Questionnaire/Personal Medical History:

- Smoking
- Diet
- Exercise
- Alcohol
- Mental Health

Blood Pathology Tests including:

- Lipid Profile (Cholesterol, HDL, LDL, Ratio)
- Glucose
- Biochemistry : MBA20 (Electrolytes, Liver enzymes, Kidney function)
- Complete Blood Analysis (Red and White cell count)

Biometric Measurements:

- Weight
- Height
- Waist to Hip Ratio
- Skinfold measurements

Core Strength and Flexibility:

- Abdominal Strength
- Abdominal Stability
- Flexibility

Counselling and Reporting:

- Individual Counselling from CHG Doctor on preventative actions
- Individual Counselling from Exercise Physiologist
- Personal Report - confidential individualised report and specific health advice/goal setting
- Health Resources
- 3 month follow up

Additional extras if requested:

*(cost available upon request)*

- Hearing Screening
- Vision Screening
- Additional Blood Tests: e.g. Vitamin D, Iron Studies, Vitamin B12, Folate, Thyroid Function, PSA (for at risk individuals)
- Company report of results summary (on request)

### Cost

\$ 975.00 + GST

*Please note; modified versions of this assessment are available to meet your company's needs.*

### Additional Associated Services

\$ 160.00 + GST per hour | Health Coaching

\$ 160.00 + GST per hour | Nutrition Consultation

\$ 36.00 + GST | A PSA test is also recommended for at risk males over the age of 45

\$ 48.00 + GST | A Bowel Cancer Screening test is also recommended over the age of 45



## Skin Cancer Screening

Due to the alarming rate of Skin Cancer in this country, it is recommended that every Australian undergoes annual skin checks by a qualified medical professional. CHG Doctors have conducted over 10,000 skin screens in recent years and have extensive experience in this area.

**“1 in 2 Australians will develop a Skin Cancer in their lifetime”**

We use a very small number of qualified doctors to ensure the highest level of service. Our most experienced Doctors have undertaken both training and observation with two of South Australia’s leading skin specialists and all screens make use of a dermatoscope to increase the accuracy of referrals.

CHG’s Doctors and Exercise Physiologists are also able to provide education programs in areas such as Sun Protection and Heat Management to supplement Skin Screening programs. Additional information available on inquiry.

*\* Please note there is a 3 hour minimum to any on site Doctor Services*

### Cost

- \$ 285.00 + GST per hour | Onsite Doctors hourly rate
- \$ 285.00 + GST per hour | Doctors travel costs
- \$ 0.96 + GST per km | Doctors travel costs

### Cost breakdown per person

- \$ 52.00 + GST per person | Equates to approximately 5 appointments per hour

### Cancellation Policy

A cancellation charge will apply, where appointments are left blank at the end of a day, there is no cost associated.

## Seminar Options

CHG is a Registered Training Organisation and has specialist facilitators for a wide range of health topics. The range of health professionals at CHG ensures all topics are covered by the most qualified trainer possible, and are delivered through interactive presentations that create a positive learning environment.

Each presentation is tailored to the specific audience to ensure the topic is relevant to all participants. CHG’s most common Health Promotion Training topics include:

- Work Life Balance
- Mental Health First Aid
- Mental Health Awareness
- Exercise as Medicine
- Cardiovascular Disease & Diabetes Prevention Workshop (Heart Health)
- Nutrition
- Healthy Cooking Demonstrations
- Live Longer Live Stronger (Healthy Ageing)
- Stress Management, Resilience and Coping with Change
- Flex and Stretch
- Gender Health (Men’s and Women’s Health)
- Sun Safety and Heat Management
- Fatigue in the Workplace
- Quit Smoking
- Energy Boost
- Boosting Immunity
- Health is Happiness
- Motivation to Change

For a blurb or further information on any of the workshops listed above, or if there are any topics that are not listed that you are interested in please ask your CHG contact.

### Cost

- \$ 575.00 + GST | 60min Workshops
- \$ 725.00 + GST | 90min Workshops

### Testimonial

*“If I had attended my employer’s Skin Cancer Screening a year ago, which I had many opportunities to do so, the pain, stress and frustration my family and I went through would have been avoided or at least very much less. But if had not attended at all, who knows what the outcome would have been or me.*

*For your families sake and your own, please take full advantage of the generous offers with skin cancer screening and other men’s health programs. You never know, it may save your life too!”*

## Mind Your Wellbeing – Mental Health Initiative

The Mind Your Wellbeing initiative has been designed to upskill and educate individuals on mental health and wellbeing and provide meaningful life-long tools to enhance personal wellbeing.

The initiative includes a face to face workshop delivered by a CHG psychologist, pre and post electronic screening tool and a 6-week electronic support package and optional one on one CHG psychologist coaching.

### Cost

\$ 575.00 + GST | Workshop

\$ 1,000 + GST | 6 Week Electronic Package

“Results of over 750 South Australian employees demonstrate; at risk scores for Depression, Anxiety and Stress decreased by 8 to 15% for each factor after participating in the Mind Your Wellbeing initiative, showing a significant reduction in individuals with at risk mental

## Step Up Pedometer Program

Many Australians have a negative view of exercise; however simply increasing general activity everyday can have a dramatic impact on Aerobic Fitness, Cholesterol Profiles, Blood Pressure and Body Composition. The Heart Foundation now recommends 30 minutes of general activity every day of the week with an additional 30 minutes of vigorous exercise three times per week.

The Step Up Program has been designed by CHG's Exercise Physiologists and Doctors and incorporates recommendations from key Australian health agencies. The program includes:

**Group Workshop: Motivation to Change - Optional**

**Workplace Teams**

**Weekly Challenge & Prizes**

**Weekly E-Newsletters**

**Program Evaluation**

### Cost

\$ 575.00 + GST | Workshop – *Optional*

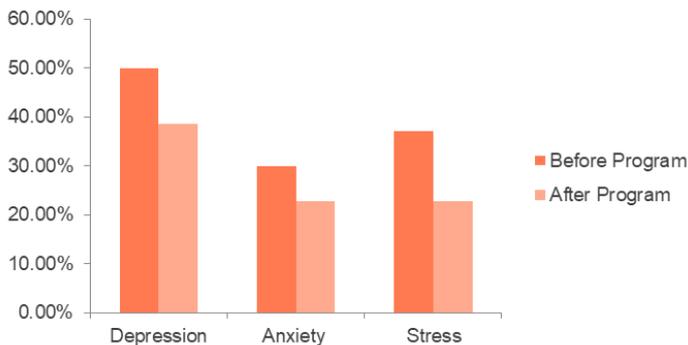
\$ 40.00 + GST per person

*(includes pedometer, booklets, weekly newsletter, team reporting and coordinator)*

*NOTE: Wearable technology additional charge*

*Prizes are an additional charge*

Percent of participants with at risk undersireable DASS21 Scores



“CHG conduct over 6,000 skin screens in South Australia per year. CHG have provided over 100 referrals for suspected melanomas. Based on the potential of these referrals for a claim the cost saving is clearly evident.”

## Live Longer, Live Stronger Program



### Injury Prevention Program

CHG Exercise Physiologist's and Physiotherapist develop a tailored program specific to employee groups. The Live Longer Live Stronger program targets high risk injury areas by increasing physical capacity and increasing health literacy of employees.

#### **This workshop can be presented in 3 parts:**

Part 1: 60 minute *Live Longer Live Stronger Workshop*

This session is aimed at highlighting the importance of physical health in the prevention of lifestyle disease and injury prevention.

Part 2: 60 minute *Back Care and Injury Prevention Workshop and Practical Session*

Part 3: 60 minute *Shoulder Stability and Strength Workshop and Practical Session*

The second and third sessions will be a practical session engaging all participants to use a Theraband. Individuals will be walked through a simple program they can incorporate into their daily routine.

Participants require no equipment, minimal space and only 5-10 minutes in their day to complete this program. Each participant will take away a Theraband and personal program with photos and explanations of exercises. This workshop is designed for a maximum of 20 participants per session.

#### **Cost**

\$ 575.00 + GST per 60 minute session



### Onsite Massage

A qualified and experienced remedial massage therapist can provide onsite massages concentrating on the head, neck, shoulders, arms and upper back area. The massage therapist can be booked for a minimum of 3 hours with staff booking in for 10min appointments.

#### **Cost**

\$ 180.00 + GST per hour per therapist (3 hour minimum)



### Pilates and Yoga Session

Designed to be an introductory session, these sessions are designed to stretch the body and calm the mind from daily work stress. The 60 minute group exercise session will include a progressive stretching, balance and strength program. A maximum of 18 people per session (this is for the safety of the participants and a safe instructor to class ratio).

#### **Cost**

\$ 575.00 + GST per 60min session

*Ongoing sessions are able to have a potential reduced rate offered*

*Regional travel charged at higher cost to below, due to a Physiotherapist undertaking this session*

---

## Travel Costs

Travel/setup time: For locations greater than 30 minutes from Adelaide's CBD

\$ 90.00 + GST per hour

\$ 0.96 + GST per km