

Spark your vitality with the **HEALTH CHECK**

October 2024



Dear colleague,

If you feel energetic and healthy, you can enjoy life to the fullest, work with pleasure, and have enough energy at the end of the day to do the things you enjoy.

The health check gives you a good impression of your vitality. With the practical tips from the lifestyle consultant, you can get started to feel (and stay) energetic and vital after the check. Therefore, we would like to give you the opportunity to spark your vitality with the health check.

The health check is carried out by Oude Vrielink Health Management and consists of an online questionnaire, physical tests, and a consultation. You can read all about it in this brochure.

If you have any questions after reading the brochure, please contact Yvonne Balkema, HR.

We hope you take the opportunity to participate!

We wish you much success!





COMPONENTS OF THE HEALTH CHECK

1 | QUESTIONNAIRE ON HEALTH, LIFESTYLE, AND WORK EXPERIENCE

By answering the questions in the questionnaire, you provide the consultant with an understanding of your lifestyle and work habits. Based on your answers, the consultant can offer personalized tips and advice. The questions include topics such as your eating habits, physical condition, and work experience.

You can fill out the questionnaire online via <https://nl.surveymonkey.com/r/vcesveco24>

Or scan the QR code with your smartphone.

If you prefer to fill in your answers on paper, you can pick up a questionnaire from Yvonne.



ARE
YOU
IN?



2 | PHYSICAL MEASUREMENTS

- Height
- Weight
- BMI
- Waist circumference
- Body fat percentage
- Blood pressure
- Cholesterol
- Glucose
- Hearing
- Lung function
- Eyes

3 | CONSULTATION AND NEEDS ASSESSMENT

Following the physical measurements, the consultation takes place. During the consultation, the results of the tests and your answers to the questionnaire will be discussed. You will receive a brochure with information about the tests and an overview of your own test results. There will be time to answer questions regarding the vitality check and your lifestyle. If desired, our consultant will provide tips and advice.

After the consultation, you can indicate how and with which topics you would like to work to enhance your own vitality, and in what ways you believe attention should be given to the vitality and lifestyle of employees within the company.



IMPORTANT TO KNOW:



The health checks take place during working hours. **Please sign up by September 14th with Yvonne. Drop by her office, email (yvonne@esveco.com), or message her.**

QR

Please fill out the online questionnaire (QR code) at least two days before your vitality check.



After September 14th, you will receive a personal invitation with the date and time of your health check.

HOW DO YOU PREPARE?



It is convenient for blood pressure measurement if a sleeve can be rolled up.



For the glucose and cholesterol measurement, a drop of blood will be taken via a finger prick. This is a non-fasting measurement, so you can eat and drink normally.



If you wear glasses, please bring them for the vision test.



Have you answered the questionnaire on health, lifestyle, and work experience on paper? If so, please bring the completed questionnaire to your vitality check.

HOW VITAL ARE YOU?



PRIVACY AND REPORTING

The employer will not have access to individual information resulting from the health check. What the employer will receive is an aggregate report with average values and health advice aimed at employees' health. Only if you give permission will your test results be anonymously included in the aggregate report. Data cannot be traced back to an individual.

OVGM handles all data in accordance with the General Data Protection Regulation (GDPR).
OVGM's privacy policy can be found at www.oudevrieling.com/privacy.