

# HEALTH CHECK

**START: 7 OCTOBER  
GROUP BASIC**

Dear colleague,

When you feel energetic and healthy, you can fully enjoy life, work with pleasure, and you still 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, which is why we would like to offer you the opportunity to take part in this check.

The check is conducted by Oude Vrielink Gezondheidsmanagement (OVGM). OVGM also conducted the previous check in 2022. If you've taken part in the health check before, you'll be able to compare your current results with those from the previous time.

Since the checks are scheduled during working hours, we hope that everyone takes the opportunity to participate.

If you have any questions after reading the brochure, please contact the HR department: [hr@vmi-group.com](mailto:hr@vmi-group.com).

## DETAILS

- **HEALTH CHECK**
- **PHYSICAL MEASUREMENTS**
- **CONSULTATION**
- **DURING WORKING HOURS**

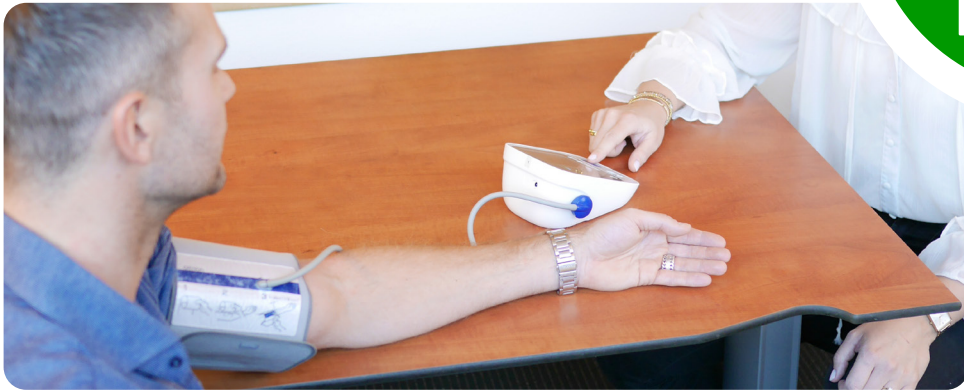


# COMPONENTS OF THE HEALTH CHECK

## 1 | QUESTIONNAIRE ON HEALTH, LIFESTYLE, AND WORK EXPERIENCE

Your answers to the questions about your eating habits, physical condition, and work experience provide the consultant with insight into your lifestyle and working methods, allowing them to give you personal tips and advice.

You can complete the questionnaire by scanning the QR code on the right. Please make sure to submit the online questionnaire at least two days before your scheduled health check.



## 2 | PHYSICAL MEASUREMENTS

- Height
- Weight
- BMI
- Waist circumference
- Body fat percentage
- Blood pressure
- Cholesterol
- Glucose
- Vision
- Endurance (bike test)

## 3 | PERSONAL CONSULTATION

Following the physical measurements, the consultation will take place. During this consultation, the results of the measurements 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 plenty of opportunity to ask questions about the check and your lifestyle. If desired, you will receive tips and advice from the consultant.

### BOOST YOUR VITALITY WITH YOUR PERSONAL COACH

If you're interested in improving your mental and/or physical well-being with the support of a personal coach after the check, simply let us know during the consultation. A coach from OVGM will reach out to you to start working together.

POSSIBLE THEMES

PHYSICAL ACTIVITY  
MENTAL FITNESS  
QUITTING SMOKING  
IMPROVING SLEEP  
BOOSTING ENERGY  
NUTRITION

WILL YOU  
TAKE A  
MOMENT  
FOR YOUR  
HEALTH?



## SCAN THE QR-CODE

Scan the QR-code to schedule your health check or use the link below:

[www.oudevriellink.com/vmi-basic](http://www.oudevriellink.com/vmi-basic)



## HOW TO PREPARE?



For the blood pressure measurement, it's helpful if your sleeve can be easily rolled up.



For the glucose and cholesterol tests, a small drop of blood will be taken via a finger prick. This is a non-fasting measurement, so you may eat and drink as usual.



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



The cycling test (7 minutes) is a submaximal test (not strenuous). You may bring a towel or an extra shirt if you wish.



If you are participating in the cycling test, it's important that you can indicate whether you use any medications for high blood pressure or heart conditions, such as diuretics or beta-blockers.



**READY TO  
CHECK YOUR  
VITALITY?**

## PRIVACY AND REPORTING

The employer does not have access to any individual information resulting from the vitality check. What the employer will receive is an overall report containing average values and recommendations aimed at improving employee health. Your test results will only be included in this group report anonymously and only if you give permission. The data cannot be traced back to you personally.

OVGM handles all data in accordance with the General Data Protection Regulation (GDPR). You can find OVGM's full privacy statement at [www.oudevrielink.com/privacy](http://www.oudevrielink.com/privacy).



**VMI GROUP**

**ato-METALEKTRO**



**Oude Vrielink**  
GEZONDHEIDSMANAGEMENT