

Assisting with
your employees'
health has never
been easier!

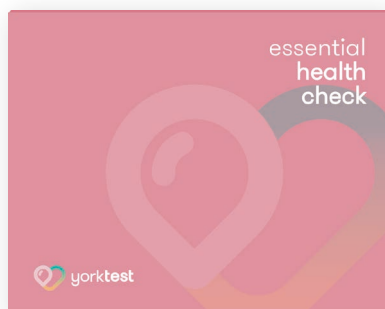
Essential Health Check

Why is it important to take the test?

Our health is influenced by many factors including our age, lifestyle, family history and diet.

The **Essential Health Check** can help your employees' identify if there are risks that might be affecting their health and provide diet and lifestyle advice.

Get a broad picture of your health. The **Essential Health Check** will provide results for 19 key health markers including **Cholesterols** and **Triglycerides**, **Vitamin D**, **Vitamin B12**, **Folate**, **Iron Deficiency** and **Liver Function levels**. From just one finger-prick blood sample, allowing you to help take control of your health, nutrition, and wellbeing.



If your employees are suffering from these types of symptoms, then the **Essential Health Check** could be the perfect test for them:

- Feeling tired
- Depression/low mood
- Muscle weakness
- Memory problems
- Sensitivity to temperature
- Lack of concentration
- Hair loss
- Headaches


Many people do not have obvious symptoms, but it is still worth taking the **Essential Health Check** if an employee would like to see if they are at risk of something that might be affecting their health.

What do the results show?

The **Essential Health Check** measures key health markers including **Cholesterols** and **Triglycerides**, **Vitamin D**, **Vitamin B12**, **Folate**, **Iron Deficiency** and **Liver Function levels**. These results provide essential information about our health that we can act upon.

The results are highlighted in a visual scale showing whether each test result is acceptable (**Green**), requires lifestyle changes (**Amber**) or whether a visit to a GP is recommended (**Red**).

Contact ID: 332597
Sample ID: 2019020016
Results Date: 20 November 2019



Cholesterol and Triglycerides

Total Cholesterol
Your result is 5.80 mmol/L

<5.0	5.0 - 7.5	>7.5

You have a raised cholesterol level. Lifestyle changes are recommended, please refer to the [lifestyle guidance](#) that you retest after 3 months and if your total cholesterol levels are still high (≥5.0 mmol/L) after retesting then visit your GP even if showing an Amber result.

Note: If you have a family history of heart disease then we advise you to visit your GP and take your results with you.

If you are already under supervision from your GP for a medical condition then we advise that that you let your GP know your total cholesterol result at your next visit.

HDL Cholesterol
Your result is 1.13 mmol/L

≤1.1	>1.1 - 3	>3

Non HDL Cholesterol
Your result is 4.67 mmol/L

<4	≥4

Your non HDL cholesterol level is high and you should visit your GP for further tests especially if you have a family history of heart disease. Lifestyle changes are also recommended, please refer to the enclosed literature. We advise that you retest after 3 months to monitor progress.

Triglycerides
Your result is 1.34 mmol/L

<1.7	1.7 - 4.5	>4.5

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YT50 v4.8

Green

If results are Green that's great news! Unless someone is feeling unwell or suspect that they have a medical condition, then they do not need to take any action in these areas. We recommend that they retest at least annually to keep their health in check.

Amber

If results are Amber, then lifestyle changes are required which may involve dietary changes or taking a supplement.

Red

If results are Red, please don't panic, however a visit to your GP is recommended.

How to take the test?

The **Essential Health Check** is a simple finger prick blood test. Just one finger-prick blood sample is required with blood collection kits and instructions for use issued from YorkTest with the kit box. Once the blood sample is taken send it back to the laboratory and your employee will receive their results directly.

Ongoing support YorkTest provides to your employees

- Easy to understand support booklet on interpreting the results and making lifestyle changes
- Provides your employees with a results letter, summary, and recommended actions
- Lifestyle guidance sections that are relevant for each employee so they can review any changes required and make a plan
- Employees can set lifestyle goals and track their progress with follow up testing as recommended in their results
- Clear guidance on next steps

