

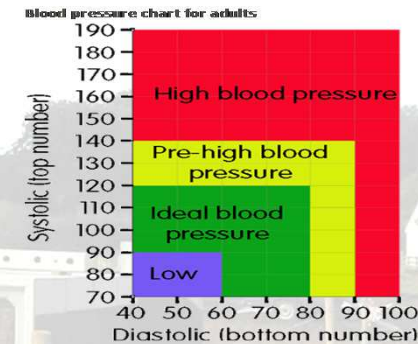
Voluntary well-being medicals

- Drop in sessions with occupational nurse.
- Voluntary health check covering:
 - Health assessment questionnaire
 - BMI
 - Blood pressure and pulse
 - Near and distance vision screening
 - Colour vision
 - Audiometry



Blood Pressure Testing

- Open drop in sessions – personal use (with training information) provided.
- Slides on the wall for ease of use.
- Assistance / referral if required to occupational nurse on site or their GP.



Pedometer Challenge

- Pedometers - gadgets designed to count the number of steps we take. The device is attached to the person's waist and uses motion sensors inside to count the number of steps taken.
- Issued to all free of charge on project.
- Tracked individual weekly steps (on personal log issued).

Healthy Eating Handout

- As requested by SHE committee feedback.