

ENGAGE

Discuss your results



WHAT THEY MEAN

All results are discussed and explained with employees in full confidence.

MEASURES

If any results fall outside the “normal” range, we’ll discuss what steps can be taken to improve the readings.

QUESTIONS

Any questions about the assessment can be asked and any referrals are then recommended if necessary.

Engage and Discuss



Although a detailed report from the body composition analysis is emailed to each employee the following day, results can be discussed straight away

You'll even be given a print out before you leave, featuring a summary of your results.

Of course, our hope is that all results fall within the "normal" range and that no underlying health conditions are suspected.

However, in those cases where certain results require attention, steps are then taken to firstly explain **why** this might be and secondly, if a GP referral is necessary. Although a recommendation to see your GP is rare, it does sometimes happen and an explanation as to why a referral has been suggested will be fully explained.

Health, Fitness and Lifestyle Questions

The "Engage" part of our wellness programme, not only gives you an opportunity to discuss and ask questions about your assessment results, but also the chance to ask any fitness or nutrition questions you may have to help improve your health status.

With over 20 years experience in the health and fitness Industry, we can help answer all your health questions - whether you simply wish want to lose a few pounds, become more flexible or train for a marathon.

We're here to help you - help you!