health shield
wellbeing

PREVENT.
PROTECT.
PERFORM.

Health checks to keep your people in the best of health.



WELCOME TO HEALTH SHIELD WELLBEING

Prioritising your team's health is the foundation of a healthier, happier workplace. An effective wellbeing strategy is essential for businesses of all sizes, helping you unlock benefits like improved health, performance, and reputation; all while reducing absence and turnover. At Health Shield Wellbeing, we're here to help your people thrive by creating a workplace culture that truly cares.

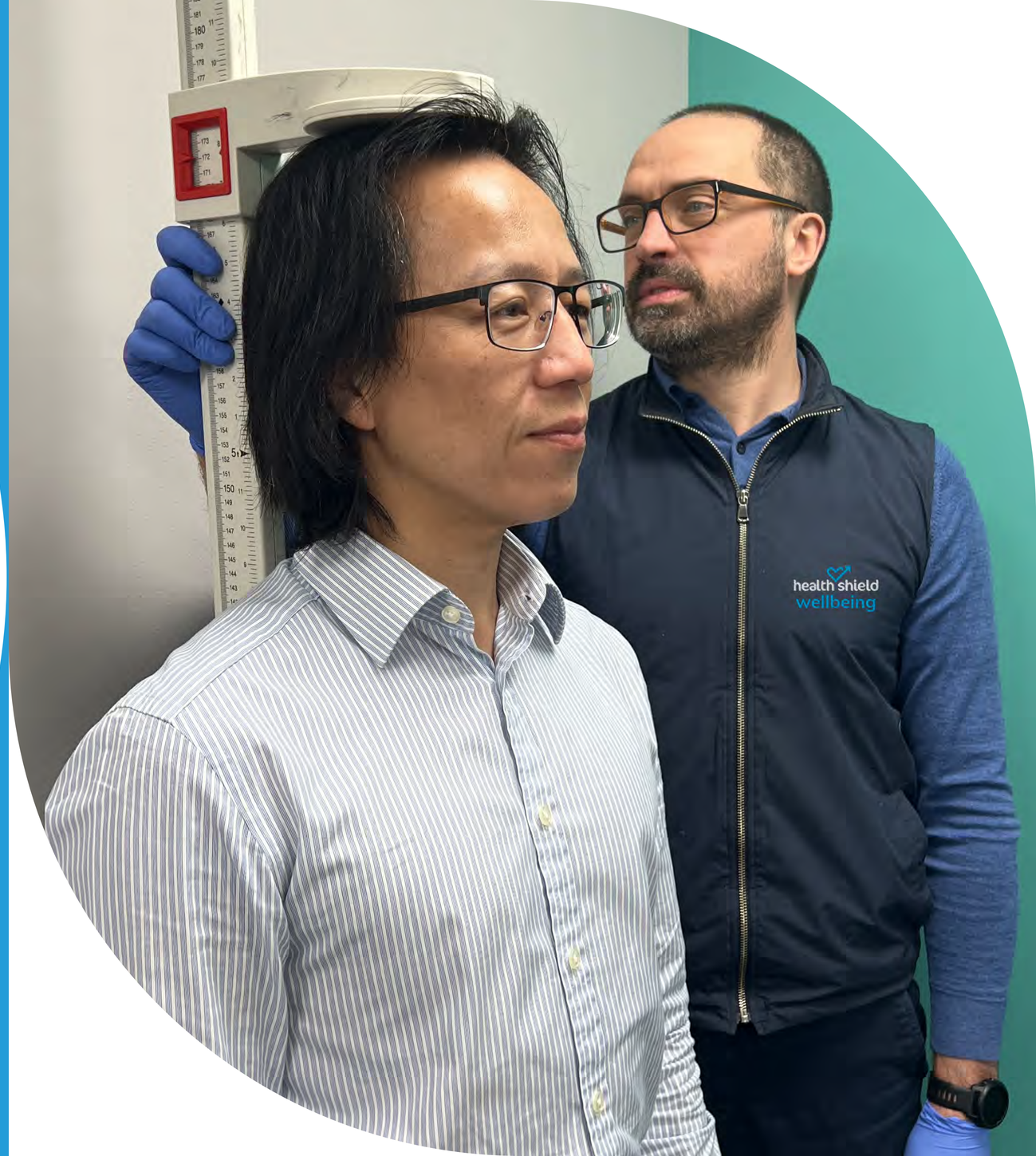
With UK sickness absence soaring, averaging 9.4 sick days per employee per year[1], regular on-site Health Checks are essential for promoting your workforce's health and happiness. To help keep your organisation and people in the best of health, we've developed a a range of health checks packages and workplace wellbeing services. These services provide diagnostics, solutions, and support – delivered both onsite and remotely – to meet the unique needs of your business.

Our Services Include:

- **Health Checks**
  On-site health screenings with flexible options to suit your team.
- **Training Courses**
  Onsite and online sessions for employees and managers, designed to build a culture of care.
- **Consultancy Services**
  Expert support, wellbeing strategy design, and the Wellbeing Benchmark framework to guide your organisation.
- **Resources**
  Expert tips and toolkits to empower your employees and support their wellbeing journey.

Your people will be in good hands with our expert in-house practitioners. Thousands of workplaces across the country trust our team to deliver wellbeing services that prioritise their employees' health and happiness.

1. CIPD, September 2025



HEALTHIER TEAMS, HAPPIER WORKPLACES

Protect your team's health. A simple health check today can prevent tomorrow's sick days.

Health checks are the key to better health. They motivate employees to take care of themselves, improve their understanding of their health and highlight medical conditions early, enabling the best possible treatment.

Good health is infectious

It's easy to see why employees value health checks, but the benefits don't stop there. Health checks are particularly important for prevention, as many serious illnesses—like high blood pressure, diabetes, and some cancers—often present with no early symptoms and can be detected sooner through proactive screening.

Regular health checks help employees take control of their health, provide an opportunity to discuss concerns, and offer personalised advice to reduce the risk of developing serious conditions. Show your employees you care—offer health checks and build a healthier, happier workplace.

A health benefit that shows you care

Attracting and retaining talent is key to the success of any business. Salary is no longer the sole factor for employee satisfaction. While not the full solution, a health check can go a long way in showing your employees that you genuinely care about their wellbeing.

Health checks made for business

Conducting an individual health check is one thing; conducting a health check programme for a business is quite another.

At Health Shield Wellbeing, we're experts in delivering personal health check experiences across entire businesses with maximum efficiency and minimal disruption. We handle every aspect of your health check programme—from design to implementation to reporting—leaving your directors and managers free to focus on business priorities.

Once your programme is complete, we provide a full company health report, offering valuable insights into the health and wellbeing of your workforce.

Affordable and flexible options

Our four health check packages, along with additional enhancements, allow us to design a programme that perfectly meets the needs of every employee and your budget. What's more, enhancements can be company-funded or employee-paid, giving you the flexibility to tailor the programme further or let employees choose to upgrade their checks.

Additional GP support for peace of mind

If our practitioner spots anything unusual in your employee's results or recommends further checks, they'll provide a GP recommendation letter. For immediate advice, your employee can access our 24/7 GP referral service. This helpline is available for three months from the date of the recommendation letter and can be used for any support or advice related to their results.

CALL 07514 951724 TO FIND OUT MORE



ENGAGE

Provides employees with a clear picture of their current health.

A 15-minute health check that summarises the current status of your employees' health and the changes they may need to make in achieving a healthier lifestyle.

- Nutritional Review
- Lifestyle Review
- Mental Health Signposting
- Height, Weight and BMI
- Body Fat %
- Waist to Height Ratio
- Visceral Fat Test - Abdomen Fat
- Metabolic Rate
- Body Water %
- Metabolic Age
- Bone Mass (Kg) - not Osteoporosis
- Blood Pressure Test



£40† per employee

Max 24 checks per day

†Excludes VAT. Minimum day rate applies for all health checks



INSPIRE

Motivating employees to be the best they can be.

A 20-minute check that leaves your employees with a clear picture of their current health and a personalised plan on how to make positive and achievable lifestyle changes.

- Nutritional Review
- Lifestyle Review
- Mental Health Signposting
- Height, Weight and BMI
- Body Fat %
- Waist to Height Ratio
- Visceral Fat Test - Abdomen Fat
- Metabolic Rate
- Body Water %
- Metabolic Age
- Bone Mass (Kg) - not Osteoporosis
- Blood Pressure Test
- Blood Glucose - Diabetes Test
- Total Cholesterol Test
- Total-to-HDL Ratio
- Good Cholesterol (HDL) test

£60† per employee

Max 19 checks per day

†Excludes VAT. Minimum day rate applies for all health checks

ENLIGHTEN

Improving employees' understanding of their personal health.

A 30-minute check that assesses the physical and mental health of your employees to help them understand how to improve their overall wellbeing and mitigate any future risks to their health.

- Nutritional Review
- Lifestyle Review
- Mental Health Signposting
- Height, Weight and BMI
- Body Fat %
- Waist to Height Ratio
- Visceral Fat Test - Abdomen Fat
- Metabolic Rate
- Body Water %
- Metabolic Age
- Bone Mass (Kg) - not Osteoporosis
- Blood Pressure Test
- Blood Glucose - Diabetes Test
- Total Cholesterol Test
- Total-to-HDL Ratio
- Good Cholesterol (HDL) Test
- Bad Cholesterol (LDL) Test
- Triglycerides
- Lung Function - Respiratory Test
- ECG - Heart Rhythm
- Cardio Fitness Test

Urinalysis (assessing the following)

- Leucocytes - Infection Test
- Nitrite - Bacterial Infection Test
- Protein - Kidney Disease
- Glucose - Diabetes
- Ketones - Fat Metabolism
- Bilirubin - Liver Disease Test
- Blood In Urine - Infection/Disease

£95† per employee

Max 13 checks per day

†Excludes VAT. Minimum day rate applies for all health checks





REASSURE

Giving employees complete peace of mind.

A 50-minute detailed assessment of your employees' overall health, focused on identifying any underlying health issues early and facilitating any intervention that's required.

- Nutritional Review
- Lifestyle Review
- Mental Health Signposting
- Height, Weight and BMI
- Body Fat %
- Waist to Height Ratio
- Visceral Fat Test - Abdomen Fat
- Metabolic Rate
- Body Water %
- Metabolic Age
- Bone Mass (Kg) - not Osteoporosis
- Blood Pressure Test
- Blood Glucose - Diabetes Test
- Total Cholesterol Test
- Total-to-HDL Ratio
- Good Cholesterol (HDL) Test
- Bad Cholesterol (LDL) Test
- Triglycerides
- Lung Function - Respiratory Test
- ECG - Heart Rhythm
- Cardio Fitness Test
- Qrisk Score
- Haemoglobin - Red Blood Cell Test
- Blood Oxygen Saturation
- Thyroid Blood Test - men & women
- Arteriosclerosis Risk

Urinalysis (assessing the following)

- Leucocytes - Infection Test
- Nitrite - Bacterial Infection Test
- Protein - Kidney Disease
- Glucose - Diabetes
- Ketones - Fat Metabolism
- Bilirubin - Liver Disease Test
- Blood In Urine - Infection/Disease

£130† per employee

Max 8 checks per day

†Excludes VAT. Minimum day rate applies for all health checks

Health checks in detail

More comprehensive, more options.

		Engage	Inspire	Enlighten	Reassure
Pre-check Questionnaires					
Nutrition Review	Reviews food intake to ensure diet contains the right mix of nutrients	●	●	●	●
Lifestyle Review	Reviews exercise, sleep and stress triggers and makes recommendations	●	●	●	●
Mental Health Signposting	Valuable advice on where to find external support	●	●	●	●
Health Check Tests					
Height, Weight and BMI	Measures the relationship between body weight and height	●	●	●	●
Body Fat %	Percentage of total body weight which is body fat	●	●	●	●
Waist to Height Ratio	Measures how waist compares to height, and helps better	●	●	●	●
Visceral Fat Test - Abdomen Fat	Identifies 'active fat' levels, a risk factor for type II diabetes and heart disease	●	●	●	●
Metabolic Rate	This is the number of calories the body needs to function effectively	●	●	●	●
Body Water %	The total percentage of fluid in the body	●	●	●	●
Metabolic Age	Gives an indication of how your body composition and metabolic rate compares to the average for a person of your age and gender	●	●	●	●
Bone Mass (Kg) - not Osteoporosis	Measures the percentage of bone mineral compared to body weight	●	●	●	●
Blood Pressure Test	Test for systolic (highest) and diastolic (lowest) blood pressure readings	●	●	●	●
Blood Glucose - Diabetes Test	A test that can indicate diabetes		●	●	●
Total Cholesterol Test	This shows the total amount of cholesterol in your blood. This is your good cholesterol and bad cholesterol together		●	●	●
Total-to-HDL Ratio	This shows how much protective (HDL) cholesterol you have relative to your total cholesterol		●	●	●
Good Cholesterol HDL) Test	Measures the level of good cholesterol (HDL) - in blood		●	●	●
Bad Cholesterol (LDL) Test	Measures the level of bad cholesterol (LDL) in blood			●	●
Triglycerides	Types of fat in your blood which can also cause the build-up of fatty material in your arteries			●	●
Urinalysis: Leucocytes - Infection Test	Covers issues such as cystitis, urethritis and kidney infections			●	●
Urinalysis: Nitrite - Bacteria Infection Test	Identifies waste product that is common in urinary infections			●	●
Urinalysis: Protein - Kidney Disease	Blood and high levels of protein in urine can be indicators of kidney disease			●	●
Urinalysis: Glucose - Diabetes	A urinalysis test that can indicate diabetes			●	●
Urinalysis: Ketones - Fat Metabolism	Ketones are often excreted when carbohydrate intake is low			●	●
Urinalysis: Bilirbin - Liver Disease Test	Identifies bilirubin in urine which is often an indication of liver disease			●	●
Urinalysis: Blood in Urine - Infection/Disease	Blood and high levels of protein in urine can be indicators of kidney disease			●	●
Lung Function - Respiratory Test	Low lung function can be indicative of respiratory issues such as asthma or COPD			●	●
ECG - Heart Rhythm	Looks at the consistency of the electrical current running through the heart			●	●
Cardio Fitness Test	Assess the impact of exercise on the ECG and recovery rates of the heart			●	●
Qrisk Score	Used to estimate your risk of developing cardiovascular disease (CVD) over the next 10 years				●
Haemoglobin - Red Blood Cell Test	A test which shows iron levels in blood				●
Blood Oxygen Saturation	Low levels of oxygen in blood can be sign of asthma or low iron levels				●
Thyroid Blood Test - men and women	This test can indicate an over or under active thyroid				●
Arteriosclerosis Risk	Identifies the potential risk of arterial hardening				●

Our 24/7 GP referral service is here to support you for 3 months if further checks are needed or you'd like advice about your results

ENHANCEMENTS

Health Checks Enhancement Tests for your Employees

All of our health checks can be enhanced to monitor health risks, with some tests specifically being for those over 40.

You can fund any enhancements or allow employees self-fund. There is no minimum number of tests required when booking as part of a Health Check day.

SkinVision (Enhancement for any age)

SkinVision is a fully certified, award winning medical app that provides accurate and timely skin cancer detection, along with the most reliable personalised skin health advice and health path recommendations.

£25 per employee†
(for a 12-month licence)

Menopause Support (Enhancement for any age)

Private supportive appointments with a specialist menopause nurse for any women who are experiencing symptoms and looking for support.

From £240 per employee‡

Prostate Disease Test for Men (40+)

Prostate cancer is a big concern for UK men, but our Prostate Disease Test is here to help. Using the Prostate Specific Antigen (PSA) test, it's a crucial first step in diagnosis. This easy finger-prick blood test gives you quick results during your health check, so you can know where you stand right away.

£30 per employee†

Ovarian Cancer Test for Women (40+)

Our Ovarian cancer test offers a proactive approach to health, crucial as over 7,500 new cases appear annually in the UK. The CA125 blood test detects elevated protein levels, taken via finger prick by a practitioner, providing instant results during your health check.

£30 per employee†

Bowel Disease Test for Men and Women (40+)

Our Bowel disease test helps people stay proactive about their health by detecting early signs of bowel disease. This home test kit is simple to use, with results available through the booking portal.

£50 per employee‡

Osteoporosis Risk Test for Men and Women (40+)

Our Osteoporosis risk test is an easy way to monitor bone health, crucial as osteoporosis affects many over 50—one in two women and one in five men. It checks urine for deoxypyridinoline (DPD) levels, this home kit offers simple instructions and results online.

£75 per employee‡

† Excludes VAT

‡ Exempt from VAT

MY Menopause CENTRE

health shield wellbeing

ENHANCEMENT FOR ANY WOMEN EXPERIENCING SYMPTOMS AND LOOKING FOR SUPPORT

We're proud to be working with My Menopause Centre as our new provider of menopause support services. They are the only dedicated menopause clinic rated 'Outstanding' by the CQC.

Their caring team of specialists offers clear, evidence-based advice and practical tools. It's all about helping your people take control of their symptoms so they feel supported at work.

This kind of care makes a big difference. It helps reduce time off, keeps your team together, and boosts overall wellbeing.

No unnecessary blood tests

My Menopause Centre doesn't include blood tests as a routine part of their first appointment. That's because diagnosis and treatment decisions are based mainly on symptoms — as recommended by the National Institute for Health and Care Excellence (NICE). By avoiding unnecessary tests, the specialist can focus on what matters most: listening to women, offering personal advice, and getting results.

A personalised plan after every appointment

After every appointment, your people get a treatment plan tailored to their needs. They can use this plan privately with My Menopause Centre or share it with their NHS GP, giving them choice and flexibility in how they access their care. This joined-up support helps each person find what works best for them, while showing your commitment to a happier, healthier team.

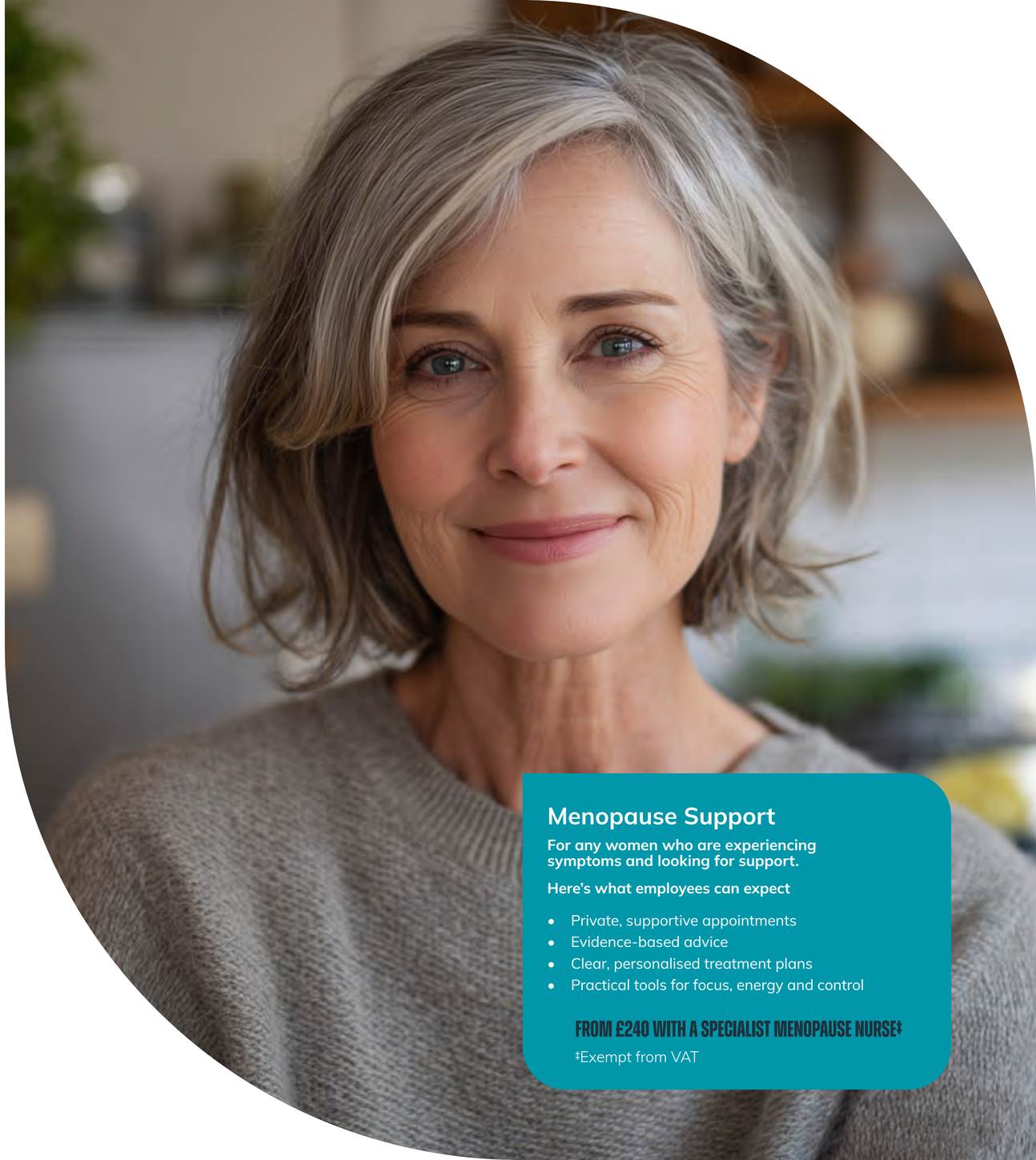
Here's what employees can expect

- A confidential, caring appointment with an experienced menopause specialist
- No unnecessary blood tests
- Advice and support based on evidence and tailored to their needs
- Easy-to-understand tailored treatment plan
- Simple, practical tools to help your employee feel more focused, energised and in control—at work and beyond

Why this support matters for employers:

- Boosts wellbeing
- Helps keep teams together
- Reduces time off work
- Supports stronger performance

Expert menopause support for your employees
Provided by My Menopause Centre, the UK's only menopause clinic rated Outstanding by the CQC.



Menopause Support

For any women who are experiencing symptoms and looking for support.

Here's what employees can expect

- Private, supportive appointments
- Evidence-based advice
- Clear, personalised treatment plans
- Practical tools for focus, energy and control

FROM £240 WITH A SPECIALIST MENOPAUSE NURSE‡

‡Exempt from VAT

WELLBEING TRAINING AND CONSULTANCY

Led by our Wellbeing Expert Khalil Rener

Khalil Rener is the Wellbeing Lead for Training & Consulting at Health Shield Wellbeing, supporting hundreds of organisations across the UK to build healthier, higher-performing workplaces. Drawing on his background as a sports scientist and founder of Ridgeflow Performance, Khalil helps leaders and teams turn wellbeing into a genuine performance advantage — improving engagement, retention, and resilience through evidence based training and consulting.

His work with Health Shield Wellbeing focuses on helping clients translate wellbeing strategy into measurable action through tailored workshops, manager training, and leadership development. Having worked with sectors ranging from healthcare and education to finance, logistics, and hospitality, Khalil brings practical, high-impact approaches that align employee wellbeing with organisational goals.

A few of Khalil's testimonials

"A great, bite-sized training session providing guidance on how to implement a wellbeing strategy at work, well paced and informative."

Ariane Oiticica
Barbican

"Great session, a good way to assess my life and where improvements need to be made to impact my wellbeing."

Sarah Fisher
Loughborough University

"The session was very engaging and thought-provoking, it was good to understand the impact it can have."

Hannah Mitchell
JT Global





WELLBEING TRAINING

WELLBEING FOR A HEALTHY WORK CULTURE

At Health Shield Wellbeing, we help leaders, teams, and organisations unlock their full potential.

That means:

- Identifying where performance and teamwork challenges are rooted.
- Designing bespoke culture and data-driven wellbeing strategies.
- Creating team performance approaches that deliver measurable results.
- Acting as a trusted in-house partner for all things people, culture, and performance.

What this means in practice:

How it works:

- **Virtual Employee Workshops**
  Courses are interactive and discussion based, with a trainer-led presentation. Courses include information, practical tips, Q&A, and signposting to further support.
- **Training courses for Managers**
  Aimed at supporting managers and leaders to create a healthy workplace culture and support their teams - whilst also supporting their own wellbeing.

Virtual employee workshops

Performance, Emotional Intelligence & Resilience Workshops

- Challenge-Proof: Practical Resilience for Work and Life
- Emotional Intelligence at Work: Strengthening Communication for Better Collaboration
- Burnout Prevention: Work Smarter, Stress Less, Achieve More
- New to the Workplace: Tools for Sustaining Performance, Wellbeing, and Workplace Impact

Team Culture Workshops

- Culture That Works: High-Performance Teams with Heart
- How to Build a Workplace People Don't Want to Leave: Retention, Engagement, and Motivation
- How to Navigate Change Effectively: Practical Tools for Leading and Adapting Through Transition

Mental Health & Physical Wellbeing Workshops

- Your Roadmap to Sustained Success: Build a Personal Wellbeing Plan That Works
- Stress Less, Perform More: Practical Tools to Manage Stress and Anxiety and Thrive
- Move More, Work Better: Practical Ways to Stay Active in a Busy Life
- MSK at Work: Easy Ways to Stay Active, Prevent Discomfort, and Boost Physical Resilience
- Wellbeing Champions: Helping Colleagues Thrive and Perform at Their Best

DURATION: 45 - 60 MINUTES

Training courses for Managers

Managers & Leadership Workshops

- Managing for Success: Maintaining Engaged and High-Performing Teams
- The New Manager Blueprint: Build High-Performing Teams People Love to Work For
- Keeping Gen Z Happy, Healthy & Engaged at Work

DURATION: 2 HOURS

Tailored Packages

We also offer bespoke workshops, tailored to your organisation's specific needs, challenges, and goals. Whether you're looking to support managers with change leadership, help teams manage stress during busy periods, or build a stronger culture of psychological safety, we'll design a session that's relevant, practical, and impactful. Common themes we build around include high-performance teamwork, resilience and recovery, leadership communication, burnout prevention, mindset and motivation, or navigating hybrid working. We'll shape the right content, tone, and format so your people leave with insights and tools they can immediately apply.





Health Shield Wellbeing Benchmark

- Delivered face-to-face or online
- Wellbeing initiatives based on health topics can fall flat when not fully embedded into an organisation or contextualised/internally marketed beforehand.
- We co-create an engagement campaign to ensure high levels of buy-in and participation.
- Our Wellbeing Benchmark program focuses on the systems, structures and ways of working which create healthy workplace culture and influence wellbeing.
- We assess your organisation against the Benchmark framework.
- You receive a Benchmark score and a comprehensive report with detailed analysis and recommendations.
- You can also choose to verify Benchmark results by evidence review and employee engagement.

Wellbeing Strategy Development

Delivered face-to-face or online

Our expert consultants can develop a bespoke wellbeing strategy plus an action plan for your organisation, to provide clear structure and direction. We recommend this process follows assessment with the Wellbeing Benchmark.

Wellbeing Consultant Support Half-day

Delivered face-to-face or online

Consultant time with flexibility to meet client needs. Introductory call to understand needs and plan meeting. Up to 2 hour meeting to discuss any wellbeing issues, support resources or policy development or help plan projects, for example.

Wellbeing Consultant Support Full-day

Delivered face-to-face or online

Introductory call to understand client needs and plan the day. Up to ½ day meeting and/or facilitated workshops and/or focus groups to discuss any wellbeing issues, support resources or policy development, assess current practice, assist with strategy development. Includes a brief report and follow up call.

CALL 07514 951724 TO FIND OUT MORE

RESOURCE LIBRARY

HEALTHIER, HAPPIER PEOPLE

A resource library of content to support employee engagement around key topics such as mind, lifestyle, health, and money.

Tips and resources from our experts, designed to support your internal wellbeing strategy, alongside the health benefits provided by Health Shield Wellbeing. You'll find tips and resources from our experts to support wellbeing in your workplace, helping your people thrive.

The resources available can be used to promote wellbeing and engage employees around key topics with tip sheets, videos, and toolkits that provide workplace support for line managers and HR teams.



Wellbeing Resource Hub



Wellbeing Calendar Resource (PDF)



Tipsheets



Toolkits



Infographics



Whitepapers

health shield wellbeing

WE'RE HERE FOR YOU

SUPPORTING WORKPLACE WELLBEING IS OUR NUMBER ONE PRIORITY.

"The service provided by Health Shield here in Humberside Police has been very well received. Staff and officers are sharing how impressed they have been with the slick appointment service and the health check itself is comprehensive and the appointment times run like clockwork."

LET'S TALK

We're here to help, so drop us a line,
we'd love to hear from you.

Enquire now:
eve.comiskey@healthshield.co.uk

Call Now:
07514 951724

health shield

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This non-insurance product is provided by Prevent Ltd trading as Health Shield. The company is a subsidiary of Health Shield Wellbeing Ltd, a direct subsidiary of Health Shield Friendly Society.

To ensure we're doing a good job, we may monitor or record calls.

Prices correct at time of printing.