

Healthier Staff. Stronger Business.

Workplace Health Checks from Healthworks

**Support your team's health and wellbeing,
boost performance, and reduce absence with
Healthworks Workplace Health Checks**



**Trusted by businesses and organisations across the North East.
Better Health at Work Gold Award holders.**



Better Health
at Work Award
Gold Award

Welcome to Healthworks

Health Checks

Healthworks is an award-winning community health charity founded in 1995. We work across the North East with people of all ages to enable them to lead longer, happier and healthier lives.



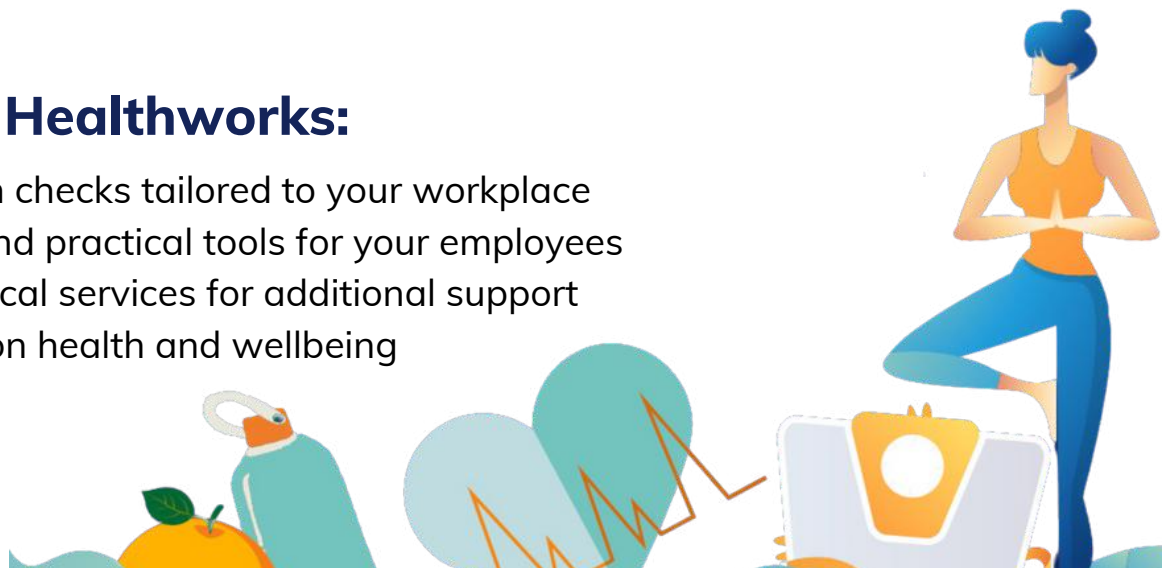
Helping You Unlock the Power of Better Workplace Health

Our workplace health checks offer valuable insight into your staff's wellbeing and practical support to help them live healthier lives—benefiting both your team and your business.

As a Gold Better Health at Work Award organisation, Healthworks Health Checks can also support employers working towards their own award by providing evidence of investment in workplace health and wellbeing.

Why Choose Healthworks:

- Low-cost health checks tailored to your workplace
- Expert advice and practical tools for your employees
- Direct links to local services for additional support
- Proven impact on health and wellbeing



Healthworks
the community health charity

0191 272 4244 - enquiries@hwn.org.uk - www.healthworksne.org.uk

Supporting Employee Wellbeing Makes Business Sense

Did you know...

- The cost of sickness absence to UK businesses and organisations each year is £77 billion
- This includes £55 billion in reduced productivity and lost output
- And £17 billion in sickness pay

£77 bn

£55 bn

£17 bn

Prioritising employee health benefits more than just your team - it positively impacts your business. When staff feel well and supported, they're more productive, take fewer sick days, and are more engaged in their work.

At Healthworks, we provide a variety of free and low-cost services to help you:

- Cut down on sickness absence
- Boost employee morale
- Enhance overall performance

As highlighted by the Chartered Institute for Personnel and Development (CIPD), effective health and wellbeing programmes can make a difference

25%
£137k
10%
£5m

- Reduction in sickness absenteeism
- Saving businesses employing 1000 people
- Increase in productivity
- For a business employing 1000 people

Let Healthworks help you create a healthier, more productive workplace.



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What Our Health Checks Include

Staff Will Benefit From:

- **Cholesterol check** – a simple blood test to measure their cholesterol levels
- **Blood pressure and heart rhythm check** – including an ECG if needed
- **BMI (Body Mass Index)** – to check if their weight is healthy for their height
- **Smoking status review** – support and advice to help them quit
- **Alcohol intake check** – a quick questionnaire to assess their drinking habits
- **Physical activity review** – to see if they are getting enough exercise
- **Diabetes risk score (QDiabetes®)** – estimates their chance of developing Type 2 diabetes in the next 10 years
- **Heart health risk score (QRISK®3)** – predicts the risk of heart disease or stroke over the next 10 years



Plus These Additional Benefits:

- Personalised health advice tailored to their needs
- An in-depth explanation of health check results
- A comprehensive Personal Health Report
- Free access to our digital Healthy Lifestyle Resource Kit
- Referrals to local community services, including:
 - Smoking cessation support
 - Leisure and physical activity programmes
- Access to free Cancer Awareness resources and training

What people say about the Healthworks Health Check:

- 90% found the health check a useful intervention
- 90% of respondents would recommend a health check to their colleague
- 85% rate the experience very good
- 75% are looking to make positive lifestyle changes following their health check



“It was great being able to pop in for this while at work – I would never have attended an external appointment for a general check up as I don’t feel I have time.”

“This was very convenient. It was also interesting to have my cholesterol checked as I have never had this before, and had no clue if it was going to be good or bad!”

Trusted By Many Local Organisations Including:

- Wates Construction
- Newcastle Medical Centre
- Eldon Square
- Nexus
- RISE
- JMI Construction
- David Gray Solicitors
- Cambridge University Press & Assessment
- Baltic
- Pearson’s Engineering
- North Standard
- Northumberland Wildlife Trust
- Centre for Life
- Home Group
- Strawberry Lane
- Building Futures
- McCarrick Construction

Ready to Build a Healthier, Happier Workplace?

Wherever you are in your workplace health journey, Healthworks Health Checks can support you.

Our expert team can help you improve staff wellbeing, reduce absence, and boost performance.

If you're working towards the Better Health at Work Award, our health checks can help demonstrate your commitment to employee wellbeing, provide valuable evidence, and support your progress through the award framework.

Contact us today to book your workplace health checks or find out how we can support your business or organisation.

Contact Us To Find Out More:

Email: HealthChecks@hwn.org.uk

Telephone: 0191 272 4244

Website: www.healthworksne.org.uk



Helping people live longer, healthier and happier lives since 1995



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