

5 Point Health Check



There are many lifestyle factors that can contribute to ill health and early death. Konekt's 5 Point Health Check provides a multi-point assessment program that assists your employees in understanding their current state of health and wellbeing. Most importantly, The 5 Point Health Check provides your employees guidance on how to reduce the risks factors that lead to cardiovascular disease, the leading cause of death in Australia, and how to gain better wellbeing.

The benefits

Konekt's 5 Point Health Check focuses on the modifiable lifestyle risk factors that can be influenced to assist in maintaining or improving overall wellbeing. The 5 Point Health Check covers:

- **Heart health** which has been designed specifically to assess an individual's risk of developing heart disease, and most importantly what lifestyle modifications can be implemented to lower the risk
- **Smoking** risk assessment that provides an overview of potential health dangers
- **Blood pressure** testing which measures an individuals risk of hypertension or high blood pressure and assesses the likelihood of stroke or heart attack
- **Physical activity** evaluation that helps your employees recognise their likely risks of diabetes, obesity, high blood pressure and cholesterol
- **Blood lipid** check to help identify high risk, high cholesterol candidates as well as establish awareness around the benefits of adopting healthier eating habits
- **Diabetes** assessment to assist in recognising early danger signs of potential cardiovascular conditions
- **Waist to hip** ratio which is one of the most accurate measurements used to determine body mass index and hence obesity.

The Konekt 5 Point Health Check has been designed to assist you in promoting healthy lifestyle practices to your employees. By following the guidance provided in the program and focussing on a lifestyle which positively influences the common risk factors, your employees could significantly reduce their risk of heart disease.

Would you like to help
your employees reduce
their risk of
cardiovascular
disease?

Like to know more?

For more information, contact your nearest Konekt office or go to www.konekt.com.au