



Vhi + Workday Health Assessment

A more proactive way
to manage your health
& wellbeing

Workday has partnered with Vhi Healthcare to provide you with a health assessment package. Designed to give you an overview of your health, whatever your life stage, a health assessment will help you to be more proactive in managing your health and wellbeing.

At Vhi Medical Centres we aim to provide you with an overview of your health and to help identify any risk factors which may cause potential health issues for you in the future. This gives you and your GP the necessary information to address these factors and reduce your risk of future problems.

The tests that have been selected are based on medical research to identify conditions where early detection and intervention is beneficial, and where a health assessment in the general population is medically appropriate.

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Booking a health assessment

Health assessments are available by appointment in our Vhi Medical Centres.

Call the Vhi-Workday
Concierge Line on:
056 775 3034

You can book your
appointment:
Mon-Fri 9am-5pm

Further information about booking a health assessment:

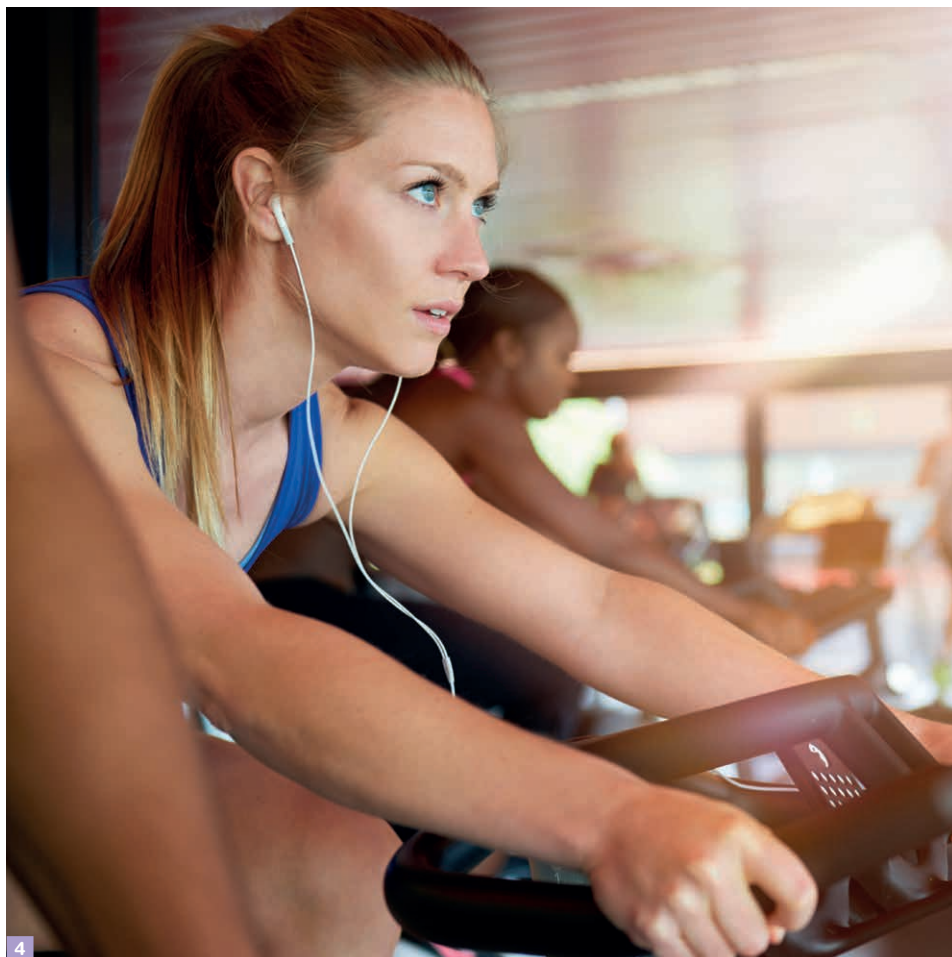
- ⊕ All health assessment tests are carried out by qualified nurses and doctors.
- ⊕ Once you have called us and booked an appointment, we will send you details of the health assessment and what to expect on the day. You will also be sent a pre-appointment questionnaire which we would ask you to complete and bring with you on the day.
- ⊕ Please refer to the 'Frequently Asked Questions' section at the back of this booklet for more information.





Employee Extras HealthCheck

Environmental and lifestyle factors can increase our risk of developing health issues, no matter what our age. When we understand the factors that pose a risk to our health we can address them. Employee Extras HealthCheck is designed for everyone to give an overview of your health, testing all aspects of it and investigating any potential risks.



The package includes the following:

1

Measurements

Measurements are taken to help our Vhi Doctor to assess your general health and risk of cardiovascular disease or diabetes. We'll measure:

- + **Blood pressure**
- + **Height and weight**
- + **Body Mass Index**
- + **Waist circumference**

2

Blood tests for analysis of:

- + **Fasting glucose and haemoglobin A1c**
To assess risk of diabetes and pre-diabetes
- + **Fasting cholesterol profile**
To assess cardiovascular risk
- + **Full blood count**
To provide useful information on your health status

3

Resting electrocardiogram test (ECG)

A simple test to measure electrical function of the heart. Please note results may require further assessment.

4

Health and lifestyle consultation

A Vhi Doctor will advise you on cardiovascular risk prevention and provide lifestyle advice on weight, diet, exercise, smoking and alcohol.

5

Mental health and stress indicator

6

Physical activity assessment

7

Cardiovascular risk assessment

8

Diabetes risk assessment

9

Diet assessment

10

A medical report

Which will be sent to both you and your GP.

Frequently Asked Questions

1. Do I have to pay anything towards the cost of this health assessment package?

No, you don't pay anything as your Vhi benefit will cover part of the cost and Workday will cover any remaining amount payable to Vhi directly. The health assessment package is not a taxable benefit in terms of 'Benefit-in-Kind' tax.

2. I don't have a Vhi health insurance policy through Workday. Can I still avail of the health assessment package?

Yes, Workday will cover any amount payable for all employees regardless of whether you have a Vhi health insurance policy or not.

3. Where is the Vhi Medical Centre located and when does it open?

The Dublin centre is located on: Lower Ground Floor, Europa House, Harcourt Street, Dublin 2. The centre opens from Monday-Friday.

4. I will be at work during the opening hours so when can I attend?

Workday is happy for you to take time out of work to avail of the health assessment package. Please let your manager know in advance when you plan to attend.

5. Is my spouse/partner/adult dependent on my Vhi health insurance policy eligible for the Vhi-Workday health assessment package?

Spouses, partners or adult dependants - who are insured on the Workday Vhi Group Scheme, but who are not employees, can avail of this service. Spouses and dependents will pay the €25 co-pay charge. To be eligible for HealthCheck, members must be over 18 years.

6. How long will my appointment take and how many times do I need to attend? The Vhi-Workday health assessment package takes roughly 2 hours to complete in a single visit. On rare occasions, you may need to come back in for a repeat test to confirm a result at no extra cost. If we need you to come back, we will call you to make an appointment.

7. Do I need to do anything before my appointment?

You will need to fast for 8 hours prior to your appointment. You can drink water and take medication with water during your fasting period but you cannot eat anything.

When you book your appointment, we will send you an information pack containing information on the health assessment and what to expect on the day. You will also be sent a pre-appointment questionnaire which we would ask you to complete and bring with you on the day.

8. Do I need to wear anything in particular?

Try to wear loose, comfortable clothing to facilitate certain tests (e.g. bloods test, ECG).

9. You've said that the results will be shared with my GP but I am not registered with one. Is this okay?

You will need to nominate a GP with whom you are registered when making the appointment. If you need any follow-up treatment or an onward referral to a consultant for an issue identified during a health assessment, it is your GP that will arrange this. Therefore it is really important that we send your results to them.

10. Will I receive my results on the day?

Some results such as blood pressure will be available straight away. Other tests such as blood tests need to be sent for analysis so these won't be available until after your appointment. You and your GP will both receive a copy of your medical report which will include all of your results within 21 days of your appointment.

11. Will my health assessment results be shared with Workday?

No – your results are only sent to you and your nominated GP.

12. What's the next step after I receive my results?

Should any medical issues be identified at the health assessment, we advise that you visit your GP to discuss them so that they can be appropriately managed. Bring along a copy of your medical report to this visit in case your GP doesn't have it to hand.

13. How frequently would you recommend I have a health assessment?

The health assessment benefit is available through Employee Extras once in each 24 month period. This is the recommended interval between health assessments.

