



Advanced Wellbeing Age[®] Assessment

A refreshing people centered approach
to health and wellbeing.

BRINGING WORKPLACE WELLBEING TO LIFE

The **Advanced Wellbeing Age® Assessment** provides valuable insights into how employees' lifestyle habits may be **impacting their current** and **long-term health**. It goes beyond traditional health screening by revealing an employees' **Wellbeing Age®**, which reflects their **body's internal health** by assessing **10 key areas**.

Discover the importance of the 10 assessments:

- 1 **Stream**
Blood pressure and heart rate are measured to gauge cardiovascular health.
- 2 **Strength**
Grip and calf strength are tested to assess muscular condition.
- 3 **Structure**
Waist and neck circumference are recorded to evaluate body composition.
- 4 **Spark**
A balance test is conducted to determine stability and core strength
- 5 **Smoking**
Compile a comprehensive history of an individuals smoking habits.
- 6 **Stress**
Identify the type and level of stress impacting day to day life.
- 7 **Stimulants**
Evaluate caffeine and alcohol consumption to understand their impact on overall wellbeing.
- 8 **Sitting**
Monitor time spent sitting both at home and work to address sedentary behaviour.
- 9 **Sleep**
Discuss both the quality and quantity of sleep to address any issues relating to rest.
- 10 **Social**
Assess interaction and enjoyment of social activities to ensure a healthy work-life balance.



Duration

20 minutes per Advanced Wellbeing Age® Assessment



Delivery

Face to face on site assessment at your location.



No. of Assessments

Up to 15 assessments per Wellbeing Coach per day.



Marketing Support

Posters, e-invites and an online booking system to engage employees.

MAKE YOUR TEAM'S HEALTH A PRIORITY

Our **Advanced Wellbeing Age® Assessment** highlight areas where employees can **optimise their health** and **wellbeing** efforts to **potentially slow down the ageing process** by changing small daily habits.

Our assessment extends beyond the individual benefits as it equips your organisation with **insights into the overall health of your workforce** without compromising individual employee privacy.



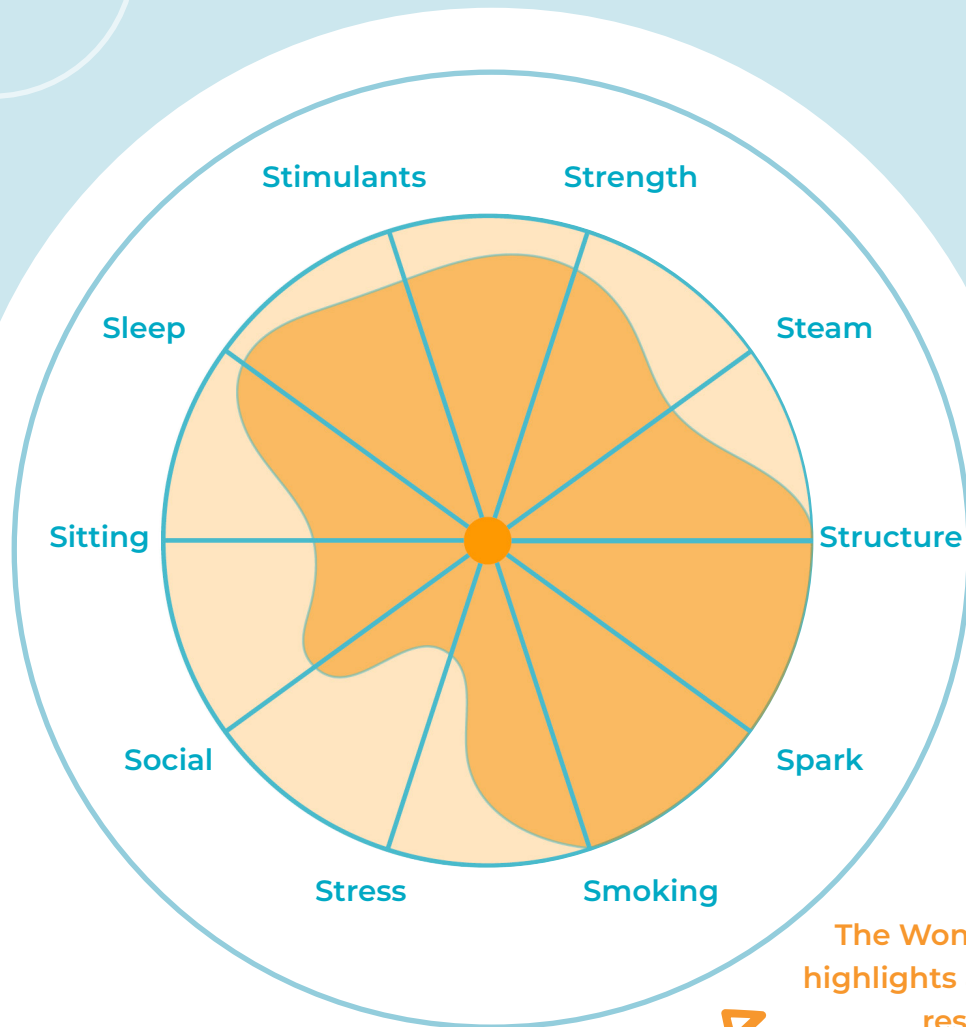
The aim of the Assessment is to:

- Provide an instant **clear snapshot** of **employees health** and **wellbeing**.
- Allow employees to make **sustainable changes** to the lifestyle in areas and in ways that will see them gain **maximum health** and **wellbeing benefits**.
- Provide **light bulb moments** that spark interest in employees to **start** and **focus on their wellbeing journey**.
- **Reduce the incidence of chronic diseases** and the **associated sick days**.
- Foster a **supportive** and **health conscious workplace culture**.



Our Advanced Wellbeing Age® Assessments can help **detect early signs of potential health issues**, allowing employees to take **prompt preventative measures** and **reduce long-term health risks**.
Grant Payne, Lead Wellbeing People Coach





The 10 step assessment provides data driven health insights as well as a Wellbeing Age[®] to empower your employees' to upgrade their mental, physical and emotional wellbeing.

The results of the Advanced Wellbeing Age[®] Assessment are highlighted in the Wonky Wheel which helps your employees understand which lifestyle choices are **speeding up their ageing process** and **adding years to their Wellbeing Age[®]**.

DISCOVER THE BENEFITS OF ADVANCED WELLBEING AGE[®] ASSESSMENTS FOR YOUR ORGANISATION

A pink heart icon with a teal outline.

Early Detection

Uncovers health issues early, reducing long-term employee absence.

A pink target icon with a teal arrow hitting the center.

Productivity Boost

Healthier employees tend to be more productive and efficient.

A pink icon of a head with gears inside, representing morale or mental health.


Morale Enhancement

Demonstrates care, improving workforce morale and loyalty.

A pink icon of a balance scale, representing reduction or balance.

Absenteeism Reduction

Better employee health equates to fewer days off work.

A pink icon of a person sitting at a desk with a laptop, representing an employer or employee.

Be an Employer of Choice

Effective workplace wellbeing programmes act as a valuable perk when attracting new talent.

Because wellbeing is not just about **eating well** and **exercising**; it **encompasses everything** from **stress levels**, **social life**, and **hormone balance**, to **mental health**, **sleep patterns**, and even your **sense of purpose** and **fulfillment**.



WellbeingAge[®]

Get in touch

Contact us to start your team's transformational wellbeing journey...



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