



Interactive Health Kiosk

Take the guesswork out of employee wellbeing
with our interactive health assessment tool

A GAME CHANGING HEALTH ASSESSMENT TOOL

The **Interactive Health Kiosk** is more than just a traditional health assessment tool. It offers a **unique and interactive experience** that **empowers employees to take control of their own wellbeing**. By enhancing **accessibility** and providing **real-time data insights** with an **automatic printout**, our Interactive Health Kiosk is proven to significantly **increase employee engagement** in **wellbeing initiatives** and provide a **real wellbeing buzz**.

Features of our Interactive Health Kiosk:

1 Core Health MOT

The core Health MOT includes blood pressure, weight, heart rate, BMI, body fat content and Wellbeing Age®. Further applications can be added to maximise the health screening for your workforce.

2 Engaging experience

The Interactive Health Kiosk engages employees in their own health and wellbeing with its easy to use interface and instant results.

3 Real-time feedback

With immediate access to health data via a confidential printout, employees can monitor their progress by saving their results to our online portal.

4 Privacy and security

The Interactive Health Kiosk ensures that all collected data is securely stored and respects employees' privacy by adhering to strict data protection regulations.

5 Comprehensive reports

An anonymous detailed and insightful report enables organisations to see the overall health of their workforce and make informed decisions for further wellbeing initiatives.



Duration

The core Health MOT takes as little as 8 minutes



Delivery

At your workplace: one or multiple locations



No. of Assessments

The Interactive Health Kiosk is available 24/7



Marketing Support

Posters, e-invites and supporting material to engage employees.

SPARK A WELLBEING REVOLUTION

We offer **flexible rental packages** to suit businesses and organisations of any size. The Interactive Health Kiosk is an **effective wellbeing initiative for all employees** that can be **used at a time that is convenient to them**, so great for those **working shift patterns too!**



The aim of the Interactive Health Kiosk is to:

- Take the **guesswork** out of employee **wellbeing** with **aggregated anonymous reporting**, enabling organisations to create **sustainable long-term wellbeing strategies**.
- Uncover health issues early, **reducing long-term employee absence** and **associated sick days**.
- Provide **light bulb moments** that **spark interest** in employees to **start** and **focus** their **health and wellbeing journey**.
- Allow employees that work outside of **conventional working hours** to have the opportunity to **self test their key health metrics**.



Our **Interactive Health Kiosk** can help **detect early signs of potential health issues**, allowing employees to take **prompt preventative measures** and **reduce long-term health risks**.

Phillip Lerwill, Sales Director





Walk away with a personal,
confidential printout of the
Health MOT

Empower your
employees to upgrade
their mental, physical
and emotional
wellbeing in as little as
8 minutes.

Employees will receive a **confidential printout** of their results that are **compared to medical-approved standards**. They also have the choice to save their results to our **online portal** for **future tracking** along with a **results email** and access to **further support channels**.

DATA DRIVEN HEALTH INSIGHTS

Our solution extends beyond the individual benefits. The **anonymous reporting** equips your organisation with **insights into the overall health of your workforce** without compromising individual employee privacy. In addition to the core Health MOT tests, a variety of programmes can be pre-selected to **suit your organisation's specific needs**, and **obtain the data and outcomes required**.

01.

Lifestyle Questionnaire

Assesses individuals lifestyle across ten key areas: body, sleep, exercise, relaxation, work, home, stress, diet, alcohol, and smoking.

02.

Selection Screens

Streamline your reporting metrics by capturing additional information e.g department details, employee, contractor status or shift patterns.

03.

Mental Resilience

MyMood helps individuals to understand how they are feeling and why they might feel that way. It's designed to refer individuals to an EAP for additional support.

04.

Hydration Quota

It calculates whether an individual should be drinking additional fluid in order to be adequately hydrated by asking a series of questions.

Wellbeing Age® unlocking the secrets to longevity

Wellbeing Age® is included in the core Health MOT test and is calculated by cross-referencing smoking, blood pressure, heart rate, BMI and sleep data. Our unique algorithm is centered around chronic inflammation and longevity research. If any of the readings are outside the ideal ranges our algorithm will calculate the increased inflammatory risk to longevity and subsequently add years to the Wellbeing Age® (biological age).



DISCOVER THE BENEFITS OF THE INTERACTIVE HEALTH KIOSK FOR YOUR ORGANISATION

A pink heart icon with a white outline.

Attract Top Talent

Showcasing your investment in employee wellness attracts and retains top talent.

A pink target icon with an arrow in the center.

Improved Productivity

A healthier workforce misses fewer workdays and demonstrates increased focus and energy.

A pink icon of a head profile with a heart inside, representing health and mind.

Reduced Absenteeism

Proactive health management can address potential health issues before they become major problems.

A pink icon of a balance scale, representing safety and justice.

Improved Workplace Safety

Identifying potential health risks early can prevent accidents and injuries on the job.

A pink icon of a person sitting at a desk with a computer, representing employee engagement.

Improved Employee Morale

Demonstrate your commitment to employee wellbeing and foster a positive work environment

You can't control the health of your employees, but you can provide them with the tools to understand it better.





Get in touch

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



01622 834834



enquiries@wellbeingpeople.com



www.wellbeingpeople.com

