



## Health Checks (by MFC)

**Employer: Beyond Housing**

**Area: Health Checks**

**Theme: Health Checks**



We work with Middlesbrough Football Club foundation and have been providing regular health checks for all of our colleagues. We have the MFC bus attending our Redcar and Scarborough site every quarter for a day full of health checks. The checks include blood pressure, ECG heart check, pulse check & heart fitness evaluation, height, weight, BMI, body fat %, subcutaneous fat %, visceral fat %, fat free weight & body measurements.

We get feedback from the MFC on any referrals to their GP so that colleagues can help to improve their overall health and seek advice and support where needed.

We receive great feedback from colleagues about this service (see below) which shows the overall impact it's having.

***"The health check helped me to evaluate my health as it is and focus on some small, manageable changes to improve my health in the future. The checks were very thorough and the ECG reassuring and a great check to be offered. The information given in the health check was not negative and weight was not the main focus. The body fat checks were really good and the different types of body fat explained in depth. Overall the checks gave me reassurance that my current health and fitness was working and gave me manageable actions to take over the next year to improve it."***



***"I was advised to visit my doctor for further checks and as a result, I was diagnosed with Type 2 Diabetes"***

***"It was really interesting and useful would definitely recommend"***

***"peace of mind and improve my lifestyle"***

***"I was unsure about having a health check as I thought it would be weight/BMI focused. This was not the case and Lee explained BMI is a measurement but is not a true reflection of health."***

