

Faltec's Health Checks Success

Employer: Faltec Europe Limited

Area: Healthy Eating, Physical Activity and Weight Management

Theme: Health Checks



As part of our goal to achieve better health at work one of the initiatives we introduced was to provide free onsite health checks for all employees onsite. The initiative was designed to provide individuals with access to a professional health assessment and receive practical advice to support them with positive lifestyle changes such as improving their physical activity and diet.

The health checks included:

- Accurate height measurement
- Body composition analysis: providing detailed insight into body fat, muscle, bone, water, and visceral fat levels
- Blood pressure check: helping identify potential cardiovascular risks early

As well as this, if required employees would receive information and resources on:

- Healthy eating and weight management
- Physical activity opportunities
- Smoking cessation support
- Safe alcohol consumption
- Managing emotional health and stress
- Workstation (DSE) setup advice
- General health and wellbeing topics



The aim of the onsite health checks was to Help employees understand their current health status, Provide personalised information, advice, and support to improve health and wellbeing and encourage early intervention and prevention of potential health issues.

The health checks were made available to all employees and took place onsite over 2 session ensuring accessibility to our employees. Each session was conducted in a confidential and supportive environment so that colleagues felt confident in the care they received and comfortable being open and honest when discussing their results.

The outcome of this initiative was very successful the feedback received has been extremely positive and employees were happy with the care and service they received, the main outcomes base on our colleagues feedback have been:

- Better awareness as Employees reported a better understanding of their bodies overall health and received tips on the improvements the could make.
- Positive behaviour changes and developing healthier habits several colleagues have made measurable improvements in their diet, exercise routines, and lifestyle habits following their health checks we have seen a huge improvement from their results from 2024 to the most recent tests in 2025.
- Employees reported this has enhanced wellbeing culture onsite this initiative has promoted healthy competition between colleagues to lower their metabolic ages for their next health check.
- Good overall engagement and uptake of the service as offering these checks onsite for free meant that all slots were filled.

Overall, the free onsite health check initiative has been an effective step in supporting employees' physical health and overall wellbeing. Providing the health checks in an accessible manner and offering tailored support to colleagues has empowered several individuals to take charge of their health and wellbeing and make improvements both at work and in their personal lives.

"I lost 2 stone from my health check in 2024 to my health check in 2025, I was given advice on how to build up my muscle in time for my next health check in 2026. The information was really useful and gave me motivation to keep track on my weight loss journey. From the conversation during my recent check I learned that my goal of losing weight should actually be to focus on burning my fat and gaining muscle as I was losing weight but also





losing muscle mass. "

"I had my first body composition analysis in September 2024. While I was generally pleased with the results, Peter noted that my fat percentage and fat mass were on the higher side relative to my other measurements. This suggested I was storing more fat than ideal, which could pose health risks over time and hinted that my diet might need improvement. In response, I focused on eating more fruits and vegetables, choosing fat-free products, and ensuring I walked at least 11,000 steps a day. By my follow-up in June 2025, I had lost 5 pounds, reduced my body fat percentage by 2%, and lowered my fat mass by 4 pounds. I was happy with these results, as my goal wasn't just to lose weight but to improve my overall health, particularly since high cholesterol and heart disease run in my family. I wanted to take proactive steps to prevent future issues. However, my 2025 health check revealed that while I'd successfully reduced fat, I had also lost some muscle mass. Peter explained that if this continued, it could become a concern, especially for women, who are more prone to osteoporosis, something my nanna also experienced. To prevent this and support long-term health, we discussed strategies to rebuild and maintain muscle mass. Although Peter recommended weight training, I find it unenjoyable and experience knee pain, so I prefer to avoid high-impact exercises. Over the past few months, I've explored alternative ways to strengthen my muscles and discovered reformer Pilates, which I've really enjoyed. It's not only helped improve my muscle tone but also reduced my back pain and improved my posture. Looking ahead, I hope that in my next check-up I'll see an increase in muscle mass while maintaining my current fat levels, continuing to build a strong foundation for a healthy lifestyle"

"Ever since I left the Armed forces my weight has fluctuated through bad choices with diet and not doing enough exercise resulting in low mood and poor sleeping pattern. After speaking with Peter, having the health check done and using his guidance, I have now implemented some of the changes he recommended to which have now seen vast improvements in my Health, lifestyle and my sleeping pattern. Thank you Faltec"





"Since having the health check I am more active and walk a lot to get my steps in every day, at my last check I found out my metabolic age is 44 which I was very happy about as I am nearly 54 years old! I am looking forward to my health check next year!"

