

Health MOT's/Blood Pressure Checks

Employer: Capita (North Tyneside)

Area: Physical and Mental Wellbeing

Theme: Health Checks



Capita has offered free Health MOT's for a number of years and in March and again in May 2023, Capita offered free Health MOT's provided by Newcastle United Foundation at both sites.

The checks were open to all, but the health checks were aimed at adults aged 40-74 and designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. The check involves weight, height, BMI, waist measurement, blood pressure and atrial fibrillation.

Capita continues to work in a hybrid working arrangement and have been working increasingly hard in 2023 to develop campaigns face to face to encourage staff to come into work which was a key area of feedback from the wellbeing survey. 31 staff booked a health check across both sites.

"I found the session really helpful and useful. It was very straight forward and informative. I will definitely sign up again" "Thanks for organizing the





health check, as I have previously suffered from high blood pressure it was reassuring to attend the session to confirm that everything is fine at the moment.” “Useful session. Good to keep an eye on stuff you can’t test at home such as ECG testing etc. Would do again, but maybe not annually.” “Thanks so much for your email, I thought yesterday’s session was really informative and I would definitely attend again if there was another opportunity. (I would also suggest to others in my team that they should attend as well!)” “

““Following an opticians appointment it was suggested that there were signs that my blood pressure was high. The initiative that Capita have put in place with blood pressure monitors, it has allowed me to take readings which confirmed the diastolic figure giving consistent readings over 100. I have kept regular readings using the machines and was encouraged to make an appointment with the doctors. Following consultation with the doctor it would appear I am likely to be going on medication (lisinopril); however before confirming they need to take some bloods for testing for other potential issues. Without the Capita initiative and the availability of blood pressure monitoring machines it is likely I would have ignored the Optician and not been treated for what is clearly a problem.””

““When I initially took the test I was quite alarmed at the results and how high they were and I nearly had a heart attack in all honesty. But on a serious note, since the first test I have since quit smoking, began eating better, as well as exercising more regularly which has seemed to help as my most recent test results were now much improved. The test results did highlight that little changes were required in my lifestyle which I have now made and can already feel the benefits.” “

