

Boro Bus

Employer: Seqens Custom Specialties

Area: Health Checks

Theme: Health Checks



Boro Bus Health Checks

As part of the enhanced benefits program and in support of the Better Health at Work initiative; to help support employees with their Health, we arranged some Health Check sessions. This was delivered by MFC Boro Bus / Lee Harding and offered the following checks:

- Blood Pressure Check
- Pulse Rate & Fitness Level
- Irregular Heartbeat Check
- ECG
- Weight / Height
- BMI Score
- Body Fat %
- Subcutaneous Fat %
- Visceral Fat %
- Fat Free Weight
- Individual Body Part Measurements
- Bone / Muscle Mass
- Muscle Quality



- Physique Rating
- Metabolic Age
- Basal Metabolic Rate “BMR”
- Total Body Water % (Hydration Level)
- Protein Level
- Lung Capacity Test

"Good to keep check on such things and have a better understanding of my body and how i can help myself."

The Aim of the Health Checks

Boro Bus and SEQENS recognise that health checks play a vital role in maintaining overall wellbeing and detecting any potential health issues before they become problems. There are numerous checks with a focus on improving personal health. The session covers the key elements of factors which may affect your Health and insight as to why certain checks have shown up like they have. It also includes some useful hints and tips to help people proactively manage their health and take necessary actions to prevent or address any emerging health concerns.

How do Health Checks Assist with Understanding Yourself?

Health checks allow for the monitoring and management of the results from the health check, with Boro Bus returning yearly. The health checks also offer an opportunity for health education and promotion. During the Boro Bus visit, Lee provides valuable information on preventative measures, discussing healthy lifestyle choices and disease management techniques. By empowering individuals with this knowledge, it enables those who attended the checks, to take charge of their wellbeing, make informed decisions regarding their health and actively participate in their own care, whether this be dietary, fitness or mindset changes.

Attendees were 22 over 2 days at both of our sites, which is 11% of our workforce.

Cost of Health Checks:



SEQENS paid £720 in total for 24 health checks. Which is £30 per employee.

"100% of Employees who attended thought that the sessions were worth attending, they felt they come away with a better understanding of the subject and were very satisfied. "

"It was good to follow up and check results against last years, and action on the required."

"Great follow up to compare to last year, reinforced understanding and advice has helped me."

"This would be great as a 6 monthly thing as it's so informative and motivating."

