

## 'Know Your Numbers'

### Assessment Three      Price £127.50 + VAT

An assessment of key numbers (Approximately 60 – 80 mins)

Individual Health check and Lifestyle coaching assessment

Service includes the following:

1. Pre-Assessment questionnaire to obtain a complete personal/family medical history including:
  - Exercise/Activity Profile
  - Medications/Supplements
  - **Stress Profile \***
2. Resting Measurements:
  - Fasting Blood Cholesterol and Glucose Assessment
  - **Body Composition Assessment \***
  - **Height \***
  - **Weight \***
  - **Waist Circumference \***
  - Resting Blood Pressure Assessment
  - **Respiratory Function Assessment \***
3. Lifestyle Coaching
  - De-briefing by a Healthcare Advisor of your personal results including exercise and dietary advice.
4. Cardiac Risk Score
5. Medical Referral where necessary
6. Resting 12 lead Electrocardiogram may be taken on the day of your assessment (fee to be arranged separately and optional)
7. Group or Company report on overall health

\* **Additional to Assessment 1**

\* **Additional to Assessment 1 & 2**

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[www.knowyournumbers.co.uk](http://www.knowyournumbers.co.uk)

## **‘Know Your Numbers’**

Sessions last between 20 – 80 minutes in duration and depending on the package you choose, can include:

### **Health and Lifestyle Questionnaire**

This questionnaire is provided prior to the assessment, you will be asked to provide this on your day of testing to the Healthcare Advisor.

The Health and Lifestyle Questionnaire allows the assessor to understand if you have any existing symptoms of disease or have any risk factors for the development of lifestyle diseases such as CHD, cancer, diabetes, hypertension, hypercholesterolemia and other common conditions.

### **Stress Profiling (Assessment Three)**

An overview of Individual Effectiveness, team effectiveness and coping strategies, we can then take this information to assist in identifying your personal goals, remove obstacles, generate options, plan actions and help you action that plan.

### **Full Cholesterol Profiling (Assessment One, Two and Three)**

Including full blood lipid profile (total cholesterol, HDL, LDL and HDL/LDL Ratio) and blood glucose level. This would be offered to those aged over 40 as well as to anyone with a significant family history. For example if the clients father or other first degree male relative (below 55 years of age) or mother or first degree female relative (below the age of 65) has suffered a heart attack or died suddenly of heart related illness, their risk of developing coronary heart disease is significantly higher and they should be counseled accordingly regarding their modifiable risk factors.

### **Non-Fasting Cholesterol Profiling (Assessment One, Two and Three)**

Including total cholesterol, HDL/LDL ratio and blood glucose. This would be offered to all staff. It is important that all staff receive screening for cholesterol due to many health conditions and lifestyle factors which can affect blood lipid levels. Examples of these include certain medicines (such as beta-blockers, steroids or certain types of diuretic) uncontrolled diabetes, certain kidney and liver diseases and an under active thyroid gland. Other lifestyle factors including excessive alcohol consumption, smoking, poor diet, physical inactivity and being overweight may also contribute to high blood cholesterol.

### **Blood Pressure (Assessment One, Two and Three)**

Blood pressure is defined as the amount of pressure exerted on the walls of the arteries as the blood moves through them. It is measured in millimetres of mercury (mmHg). Both the systolic and diastolic pressures are measured, and these figures are usually represented with the systolic pressure first, followed by the diastolic pressure i.e. 120/80mmHg. High blood pressure is a major risk factor for developing a serious cardiovascular disease (conditions that can affect the circulation of blood around the body), such as a stroke or heart disease.

### **Body Composition Assessment including Body mass index [BMI] and lean – fat- ratio [This includes weight and height measurements] (Assessment Two and Three)**

Body composition is the term used to describe the different components that, when taken together, make up a person’s body weight. The human body is composed of a variety of different tissue types including lean tissues (muscle, bone, and organs) that are metabolically active, and fat (adipose) tissue that is not. Standard body weight scales provide a measure of total weight, but don’t determine the lean-to-fat ratio of that weight. Standing on most scales can tell you only if you weigh more than the average person, but not if that weight is fat or muscle.

### **Waist Circumference (Assessment Two and Three)**

An important assessment tool that helps to determine a client’s overall health risk in relation to fat distribution and is therefore a useful lifestyle disease risk factor.

### **Lung function (Assessment Three)**

Used to assess the state and health of the lungs. The test can help to demonstrate: Obstructive lung disease such as asthma, bronchitis and emphysema and Restrictive lung disease such as pulmonary disease and the effects of a sedentary lifestyle and the effects of smoking.

### **12 Lead Electrocardiogram (Optional with every Assessment)**

The ECG is a useful and essential screening tool to assess for a variety of cardiac abnormalities, these include;

The heart rate, the heart rhythm, whether there are ‘conduction abnormalities’ (abnormalities in how the electrical impulse spreads across the heart), whether there has been a prior heart attack, whether there may be coronary artery disease and whether the heart muscle has become abnormally thickened.

### **GP Referral**

If you are found to have a significantly elevated risk factor we will refer you for a further test with their family physician. This is done by providing you with a letter containing the results of the test and an explanation of how the result where detected. You will still be given appropriate confidential advice and guidance from your healthcare advisor but will be encouraged to follow up with their doctor as soon as possible.

### **Counseling (Additional Exercise Guidance is offered with Assessment 3)**

During your assessment you will receive ‘one to one’ counseling throughout the appointment relating to each one of the areas assessed. This time is dedicated solely for you to talk about your health issues and for the Healthcare Advisors to train you on how to achieve the correct results.

### **Conclusion**

The ultimate aim of our screening sessions is to promote health awareness and proactive risk management by identifying each individual’s level of risk and tailoring interventions to reduce their risk. We will actively counsel and encourage you to make the necessary lifestyle changes, in turn reducing your risk of premature illness

**To enquire about a ‘Know Your Numbers’ health and fitness assessment, please phone us on 0161 930 2497/2477 or email us at [wellness.centre@adidas.com](mailto:wellness.centre@adidas.com)**