

# **WORKPLACE MINI HEALTH CHECKS**



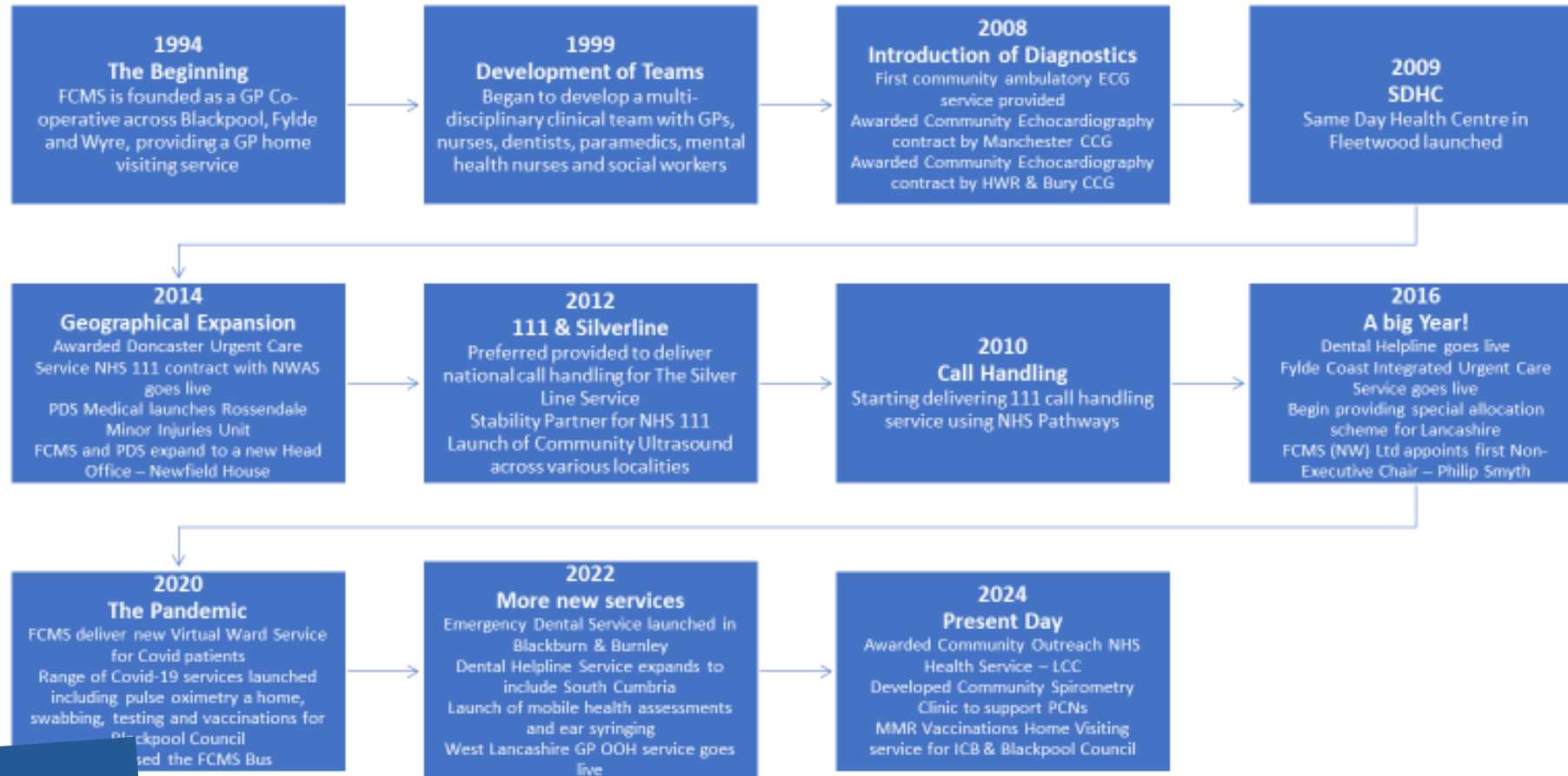
# Introduction

- Chris Walton  
Head of Health Checks

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# The FCMS Timeline



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# A little bit about our service.....

- Our Team
- Locations – Supermarkets, sports centres, workplaces, events!
- Workplaces – Additional funding available from October 1<sup>st</sup> 2024 (Blackpool Council)
- Evenings & Weekends
- Booking system – Simply Book (Private booking link)
- Indoor clinics

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# What happens during the appointment?

- A number of measurements are taken including height, weight, BMI, BP, Cholesterol
- A set of lifestyle & family history questions.
- Onward referrals if agreed to stop smoking services, weight management etc.
- Lifestyle advice and information booklets given if required.
- Confidentiality.....

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# The benefits for you as an employer!

- Keeps your workforce healthy.
- Time 20 minutes v 2 hours!!
- Can be offered as a benefit during recruitment process.
- Supports any company annual reports.

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# Patient Feedback

Excellent service

*Very friendly staff and very helpful.*

*Very good quick service. Due to current conditions clinician tailored responses which was most helpful.*

Well worthwhile

Invaluable

*Extremely professional staff, kind polite and very welcoming. I would recommend that everyone attends who is eligible.*

Wonderfully staff

**Very good service and useful!**

Received very helpful information about lifestyle changes

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# Some places we have been!



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# How to get in touch!

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# WORKPLACE MINI HEALTH CHECKS

Mini Health Checks are for those aged 18+ and can spot the early signs of:

- Heart Disease
- Heart Attack
- Stroke, and more



**FREE** for Blackpool based businesses

Organise for the Health Checks Team to visit to your workplace by emailing: [fcms.blackpool.workplacehealthchecks@nhs.net](mailto:fcms.blackpool.workplacehealthchecks@nhs.net)



Blackpool Council

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