

## HOME TEST KITS

# Home Test Kits for your employees.



### Look after your employees' health wherever they're based

Our range of affordable in-clinic, on-site and at home packages mean you can offer a tailored whole of workforce health and wellbeing solution so more employees can start to live well and stay well. This includes Home Test Kits starting at only £39, which help your employees understand their key health markers as well as address any mental health wellbeing concerns, all from the comfort of their own home.

### Full support for your employees throughout the process

We know that taking your own blood sample can be tricky, especially if you've never done it before. That's why we offer an optional free virtual appointment with an experienced Health Coach, who will guide your employees through the collection process step-by-step via webcam. If your employees do have any issues taking their sample, they can also book a full blood draw at one of our 10,000 clinics nationwide.

“Cannot fault this service given from start to finish, the email reminders with pre instructions and video. Coach Danny was very patient with me and put me at ease, professional and really good at helping me understand the different tests offered etc. Very knowledgeable, thank you!”

– Rosie Clark, Home Test Kit customer



Our convenient home test kits have been designed to help your employees understand their key health markers from the comfort of their own home. Four options are available.

	HOME TEST KIT ENTRY	HOME TEST KIT BASE	HOME TEST KIT EXTRA	HOME TEST KIT TOTAL
<b>ONLINE RESULTS</b> Results are available securely online via My Wellness. Each test result includes follow-up advice, allowing staff to proactively monitor and improve their health.	✓	✓	✓	✓
<b>VIRTUAL HEALTH COACH</b> All kits come with a optional free appointment with one of our Health Coaches who will guide your staff through the finger-prick process step-by-step via webcam.	✓	✓	✓	✓
<b>MENTAL WELLBEING</b> Confidential questionnaires are used to help assess four aspects of psychological wellbeing associated with stress: anxiety, depression, resilience, and engagement.	✓	✓	✓	✓
<b>MENTAL WELLBEING CONSULTATION</b> A private 30-minute telephone consultation with an experienced Emotional Wellbeing Adviser who can give advice and support on mental wellbeing concerns.	✓	✓	✓	✓

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<b>MUSCULOSKELETAL HEALTH</b>				
This test measures the risk of developing long-term back problems, to help guide you in managing back problems more effectively. MSK problems are among the most common causes of sickness absence.	✓	✓	✓	✓
<b>MUSCULOSKELETAL (MSK) WELLBEING CONSULTATION</b>				
A private 30-minute telephone consultation with a MSK Wellbeing Adviser who can give practical advice on how to help alleviate aches and pains.	✓	✓	✓	✓
<b>24/7 GP HELPLINE</b>				
24/7 GP helpline access for one year. From tummy upsets to travel inoculation advice, call any time of the day or night to discuss any health questions with a registered GP.	✓	✓	✓	✓
<b>CHOLESTEROL LEVELS</b>				
This test measures the levels of various types of cholesterol in the blood to help identify any imbalances. Five readings are given, including HDL and LDL.		✓	✓	✓
<b>ESSENTIAL PROTEINS</b>				
This test measures the levels of two proteins in the blood (albumin and globulin) which are essential for healthy bodily function, together with total protein levels.		✓	✓	✓
<b>IRON STORES</b>				
This test measures ferritin levels in the blood, correlating directly with total body iron stores. Ferritin is more sensitive at recognising iron deficiency than an iron test.		✓	✓	✓
<b>KIDNEY FUNCTION</b>				
This test measures the levels of sodium and waste products (urea and creatinine) in the blood. An eGFR result is also included to help identify reduced kidney function.		✓	✓	✓
<b>LIVER FUNCTION</b>				
This test measures the levels of the liver enzymes ALT, AST, ALP and GGT, together with the liver waste product bilirubin. Abnormal levels can indicate liver damage.		✓	✓	✓
<b>BONE HEALTH, ENERGY AND MUSCLES</b>				
This blood test gives three key readings including calcium, corrected calcium and phosphate - essential for healthy bones, muscle function and energy production.		✓	✓	✓
<b>BLOOD HEALTH PROFILE</b>				
This test, also called a Full blood count, gives 10 key readings to help assess blood health and immunity. Readings include red blood cells, white blood cells, and platelets.			✓	✓
<b>VITAMIN D</b>				
This test measures the vitamin D levels. Vitamin D is essential to regulate calcium and phosphate balance, and is important to help keep bones and muscles healthy.				✓
<b>THYROID FUNCTION</b>				
This blood test measures levels of thyroid stimulating hormone (TSH) and thyroxine (FT4). Imbalances in these hormones can be due to an over or underactive thyroid.				✓