HEALTH AND LIFESTYLE CHECKS

Service Description

Health and Lifestyle Checks are simple check-ups that review both physiological indicators and behavioural lifestyle choices to assess the current health of each individual client. The Lifestyle Checks provide information on current physical health, potential health issues and are an opportunity to advise and discuss how the client can make changes now to improve their health in the future.

Health and Lifestyle Checks assess individuals’ health through two categories of physical indicators and lifestyle indicators.

Physical indicators include:

- Height
- Weight
- Blood Pressure
- Body Mass Index

During the health and lifestyle checks, the health advisor will assist the client to assess their lifestyle choices and the effect these choices could have on their health.

Lifestyle Indicators include:

- Alcohol
- Physical Activity
- Nutrition
- Smoking status
- Stress

At the end of the session, the health advisor will be able to provide feedback to the client. The advisor will provide personalised information and advice to the client to enable them to make informed choices about their health. The advisor will also signpost or refer clients to other services e.g. Smoking Advice Service, where appropriate.

Aims of Product

- Health and Lifestyle checks are simple check-ups that provide the client with an opportunity to assess their current health status and receive advice and information to improve the lifestyle choices they make in the future.

Delivery

- Health and Lifestyle Checks are offered as individual appointments lasting 20-30 minutes
- A maximum of 12 appointments will be offered during the day. If more appointments are required arrangements can be made for an additional health advisor to attend or additional days can be booked
- Sessions are confidential and should be offered in a private area
- Each client will leave the session with
  - results of the health and lifestyle check
  - advice based on the discussions following the check
  - information on services available
  - guidance/information on healthy lifestyle choices

For further information about this service or to find out about any of our other services, please email:

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