

Checks

HEALTH CHECKS: YOUR QUESTIONS ANSWERED

How long will it take?

Your examination time will depend on the type of heart health check you are receiving. Most checks are either 10, 15 or 20 minutes.

Who performs the checks?

The heart health checks are conducted by Allied Health Professionals. This may include Nurses or Exercise Physiologists.

What do the heart health checks 'check' for?

The checks assess a person's risk of developing type 2-diabetes and cardiovascular disease, and the risk factors that contribute to both of these chronic diseases. The check may include lifestyle habits (alcohol consumption, smoking and physical activity), blood pressure, blood glucose, cholesterol levels, waist circumference, BMI, cardiovascular disease risk score and diabetes risk score.

Note: these checks do not provide a diagnosis for any condition you may have, they simply assess risk. They don't replace a visit to the GP, and if you are found to have any elevated risk factors, we will recommend you see your GP after your check.

What happens during the check?

An allied health professional will measure your blood pressure, blood glucose, cholesterol and body composition. To measure your blood glucose and cholesterol, the health professional will prick your finger to collect a small amount of blood that is collected in a tube and emptied onto a testing strip. Usually the person will only feel a small pin prick or nothing at all. Your results will be given to you in a Heart Health Check Booklet. If you fall into the high risk category for any of the tests, you may be advised to see your GP for further testing.

Do I need to remove any clothing for the check?

You won't have to remove any clothing for your health check. You will need to roll up a sleeve for your blood pressure check, and you will also have your waist measured with a tape measure.

Do I need to fast for the test?

As the tests are conducted in your place of work, we offer a non-fasting test, so there's no need to fast beforehand and you can have your check at any time during the day. However; eating foods high in sugar or consuming sugary drinks immediately prior to your test may impact the results, so it is recommended to avoid these. For best results, consume only water up to one-hour prior to your test.

Is your consultation confidential?

Yes, your results are confidential and Healthworks will not disclose your personal results to your employer. Healthworks will record the results for each participant without any names. We use this information to compile a report for your employer.

For any other questions or concerns, contact Healthworks on 1300 90 10 90.