



Preventive health check for businesses

It's becoming increasingly important for businesses to make sure their employees stay vital and healthy. Research by TNO-Arbeid and NOC*NSF shows that employees who are healthy and physically active are more productive and take fewer sick days than average employees.

Sports Medicine Centre TopSupport has developed a preventive health test for employees. The examination assesses risks in relation to work pressure, stress

and lifestyle. The test provides an overall picture of your employee's health and, based on the results, offers lifestyle advice relating to nutrition and exercise.

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What does the test include?

The preventive check is tailored to each individual and tests the areas indicated by the company. It typically includes questions relating to overall health (height, weight, BMI (Body Mass Index), blood pressure, ECG at rest (an echocardiogram), body fat percentage, urine test, tests of lung function, blood tests and an exertion ECG to test maximum cardiovascular stress.

Health Improvement Plan

The physical examination is followed by a meeting with the sports doctor. The sports doctor will discuss work-related stress and your employee's general feelings about his/her work. The results are discussed with the doctor and if any improvements are needed, an action plan is drawn up, in consultation with the employee. If necessary, we can immediately refer the person to the medical specialists of the St. Anna Hospital, or arrange for sessions with an exercise coach, physiotherapist, nutritionist or psychologist.

Tailored exercise routine

To encourage your staff to exercise safely and stick to a routine, we can create a special exercise programme for your company. This helps your employees to develop an exercise habit, and means that you, as employer, reap the benefits of healthier and more productive staff.

Advantages of a vital, healthy workforce

- Fewer sick days
- More relaxed staff who experience less work-related stress
- Fitter, healthier staff means increased productivity
- Happier employees, and less staff turnover
- Positive company image

What makes TopSupport special?

TopSupport has extensive experience with sports-medical examinations and tests. Olympic athletes and professional footballers also come to TopSupport for help and advice.

TopSupport is part of the St. Anna Zorggroep, is SCAS certified and is a member of the Federation of Sports Medical Institutions (FSMI).