

# Health Checks

## Empowering your workforce

Our THA HOSPO Health Checks are designed to nurture, enhance, and monitor your individual health and fitness. These checks are a proactive step towards fostering a healthier, happier, and ultimately more productive workforce. We have a range of options available that we can tailor to the needs of your business, including the below.

### Comprehensive In-Person Health Checks

Encompassing a variety of assessments, including:

- Weight (EVOLT)
- Body measurements
- Visceral Fat Percentage (EVOLT)
- Body Fat Percentage (EVOLT)
- Blood Pressure
- Diabetes Risk Score
- DASS21 (Depression, Anxiety, Stress Score)
- Epworth Sleepiness Scale
- Hydration Status
- Alcohol Consumption
- Smoking Habits
- Cardiovascular Risk Score
- Posture Analysis Basic
- Dietary Habits
- Activity Level
- Sedentary Behaviour Score

**Evolt 360 Body Scanner:** A cutting-edge body composition analysis system, renowned for its precision and technological sophistication. Utilising bioelectrical impedance analysis (BIA), EVOLT provides an in-depth assessment of various health metrics, including body fat percentage, lean muscle mass, visceral fat, and hydration levels. This approach offers a more comprehensive and accurate understanding of an individual's physical health than traditional methods like BMI or standard weighing scales.

**Expert Guidance:** Trained professionals assess your fitness level and offer expert advice on exercises.

**Health Coaching Insights:** Gain valuable insight into your overall health and wellbeing.

**Dynamic and Engaging Session:** Aimed at jumpstarting your fitness journey and guiding you towards improved health and wellness.

Visit [www.hospohealth.com.au](http://www.hospohealth.com.au) for dates, locations and to book your comprehensive in-person health check.



**HOSPO HEALTH**

Presented by the Tasmanian Hospitality Association