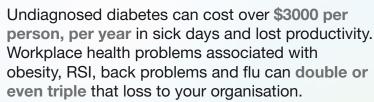


Spend a little and save a LOT in payouts and sick leave!

The cost of an undiagnosed diabetic employee is up to \$3,468 for people without complications. However this can rise to \$16,698 for people with both micro- and macrovascular complications. (Diabetes Australia)

Are Diabetes, RSI, back problems and the flu on your company payroll?

Capital Health Care preventative health tests: \$43 per person.



Act NOW to reduce unexpected health claims by utilising Capital Health Care's workplace health checks. Workplace health checks offer cost efficient preventive measures to keep your staff healthy, happy and productive.

As an additional benefit we now provide free Cancer Awareness Screening incorporated into the testing.

To talk further with one of our staff call:

Phone: 02 6154 2845 Mobile: 0410 431 310

capitalhealth@iinet.net.au www.capitalhealthcare.com.au







Capital Health Care Full Health Awareness Package

7 important tests for only \$43 +GST per person.

- 1. Blood Pressure Test
- 2. Cholesterol Test
- 3. Diabetes Test
- 4. Lordosis Test (lower back health)
- Grip Strength Test (Arthritis & RSI test)
- **6. Abdominal Strength** (standing contraction)
- 7. Hip Flexion

Plus **Weight, Exercise & Nutrition** consultation, reports and advice

Total cost \$43 + GST pp. 20 min consultation

Also provided with each checkup are:

- Free handouts / brochures from the National Heart Foundation + others
- Free newsletters
- Free online health checks and quizzes
- Free online data storage of results

Each individual will receive all results immediately along with a detailed report and health score, information brochures are also provided. A detailed analytical report is provided to the HR team. This report, along with surveys, will then be used to help structure our services to benefit both the employer and employee.

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BONUS

Cancer Awareness Information

Capital Health Care testing officers will remind your staff when and what cancer checks to have.

- When was your last skin check?
- When was your last pap smear?
- Is there breast cancer in the family?

Specialists referrals are given for recommended testing. Advice given depends on age, sex, family history and lifestyle.

Staff Book Online

Capital Health Care takes care of your bookings.

No bookings need to be made by HR, but HR & OH&S have access to check and manage bookings.

Further Information and References

- More details about Capital Health Care and our services can be found on our website.
- References are available on request.
- We are currently working with over 20 government departments and over 200 private firms across Australia

