



capitalhealthcare

"we come to you"

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

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

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)

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

Undiagnosed diabetes can cost over **\$3000 per person, per year** in sick days and lost productivity. Workplace health problems associated with obesity, RSI, back problems and flu can **double or even triple** that loss to your organisation.

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)
5. **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

