INFODOCUMENT HEALTH CHECK 40+

De HEALTH CHECK 40+
Conscious choices and health investments are needed to stay healthy and employable and finally to enjoy retirement. The TU/e appreciates health and wellbeing of all employees and organizes in cooperation with the Student Sports Centre the Health Check 40+ on Tuesday 19th of November from 8h30-17h00 in the SSC as part of the Vitality Week 2019. Participation is open for all TU/e employees (40 years old and older). For junior employees (up to 40 years) there is a Fit Check on Thursday 21 November!

The Vitality Week is a co-creation of DPO, SSC, ESA, employers organization and trade unions and Top Support St. Anna.

The Health check
During this check, health risks are mapped according to a traffic light model. It will offer you a snapshot of your health. The check is focused on cardiovascular risks that you can manage yourself with your lifestyle. Of course we cannot offer you any guaranty. With any doubt visit your G.P. for a second opinion! You will participate in groups of 15 attendees. Special clothes are not needed, but fat measurement is not possible wearing tights.

The Health Check is anonymous! We respect your privacy and no personal data will be given to third parties.

The Health Check has three components

Part 1:
The Health Check questionnaire
These questions are related to possible health risks that might threaten your health. If you have a question about this list or if you want to have an advice, please take the list with you (filled in). The questionnaire is primary a tool for awareness. You can find the list on the SSC website under Health and Vitality → Vitality Week.
Part 2:
This part consists of six physical tests to track cardiovascular risks like high blood pressure, overweight and waist size, long function, blood sugar and cholesterol level. Examining cholesterol and blood sugar requires a drop of your blood. Only with your permission!

Part 3:
This is a physical test to test work capacity (endurance). No special clothes are required, but wearing panties (women) are not recommended for the Tanita weight scale.
Location: hall 2 SSC
Time: 08h30–12h00 and 13h00–17h00. The Health Check lasts for about one hour (one advice included).

Advices
Results of the questionnaire and tests are organized according to subjects. The traffic light model will show you very clear if there is; no risk, possible risk or a clear risk for that subject. The Health Check is guarded by a doctor. During the Health Check you can ask a professional for a short advice (10 min) about your health. Follow up advices are free and without obligation:
• A food advice by the food coach.
• A lifestyle advice by the cardiovascular nurse.
• A medical advice by the sport doctor.
• An advice regarding sight by an optician.
• An advice regarding hearing by an hearing-aid professional.
• An advice regarding personal balance and work by the social worker.

These advices are optional, for free and take max 10 minutes of your time.

Register for health check
You can register for the health check via the SSC website. Keep an eye on the website and social media. Explanation:
• You can register as a participant. Choose one of the available times. You will receive a confirmation mail.
• You can change or cancel your registration up till one week in advance.