



ICAS HEALTHY*living* Days

What is a HEALTHY*living* Day?

These are informative roadshow exhibitions that cover key health and lifestyle issues, and offer a variety of health screening activities. They can cater for up to 100 participants in any one day and provide employees with a unique opportunity to meet with specialists and discuss factors affecting their health.

A typical HEALTHY*living* Day will cover:

- Blood pressure testing
- Healthy eating displays
- Alcohol/drugs information
- Smoking – peak flow and carbon monoxide monitoring
- Weight/height measurement and body fat calculations
- Lung function test
- Fitness testing

Additional topics such as male/female health issues and stress management are also available. Glucose and cholesterol testing can be provided for an additional fee.

The displays are staffed by qualified health promotion consultants and nurses. They collect feedback on the event as employees visit their stands.

How can HEALTHY*living* Days be used?

HEALTHY*living* Days can be used to launch a specific Occupational Health campaign or as regular health promotion events to encourage employees to take responsibility for their own health and wellbeing.

They are fun events with a serious purpose and can be tailored to meet specific organisational needs.

After the HEALTHY*living* Day we provide you with a short report on the key health issues arising from the roadshow which helps in targeting future health-related programmes.

How much is a HEALTHY*living* Day?

One HEALTHY*living* Day is £3,500 + VAT and includes:

- Six separate topic displays
- Six trained workplace health professionals
- Delivery, set-up and dismantling of display boards
- Health information materials for all participants
- Event evaluation
- Report on key health issues arising

Travel and accommodation are additional expenses

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