

PURPOSE

MedPro's Health Check Programme includes individualised appointments with an experienced Registered Nurse, who will assess your physical and psychological wellbeing. You will receive your results immediately, and these are discussed with you during your check. You also receive your own confidential results booklet, which provides a record, as well as information on what was tested. Although our health checks do not provide definitive diagnoses, they do provide valuable information and insight to help guide the next steps. Your nurse will advise you if you have results outside of the normal range to follow up with your doctor to discuss the results. Our health check results are fully confidential and are stored securely in our medical record system.

PRIVACY

Any information and personal data gathered from you for the purpose of providing you with health check services from either MedPro or an independent contractor who provides services to you on behalf of MedPro, is to assist in your treatment, for quality assurance purposes and to fulfil legislative requirements. In addition, with your consent, MedPro may use your information to generate anonymous, aggregated reports for your employer. This will enable your employer to plan initiatives to support the wellbeing of staff. No identifiable information will be shared with your employer. No personal information will be shared with third parties. By completing the consent form with the nurse on the day you are consenting to the matters outlined above.

Your rights provided in the Health Information Code and the Privacy Act 2020 will be respected, including your right to access and correction of any information about you. You can view our full privacy statement on our website:

<https://www.medpro.co.nz/privacy-statement/>

CONFIDENTIALITY

MedPro is fully compliant with both our legal and ethical obligations regarding confidentiality.

HEALTH CHECK INFORMATION

Classic Check (15 mins)

- Total Cholesterol
- Blood Sugar and Diabetes Risk
- Blood Pressure
- Height and Weight
- Waist Circumference
- Body Mass Index (BMI)
- Interpretation & Brief Discussion of Results
- Lifestyle Advice (eg. Nutrition, Stress Management, Smoking)
- MedPro "My Results" Booklet

Premium Check (30 mins)

- Cholesterol Breakdown – Total Cholesterol, HDL, LDL, Total/HDL Ratio, Triglycerides
- Blood Sugar and Diabetes Risk
- Blood Pressure
- Height and Weight
- Waist Circumference
- Body Mass Index (BMI)
- Stress, Anxiety and Depression Screening Tool
- Interpretation & Brief Discussion of Results
- Lifestyle Advice (eg. Nutrition, Stress Management, Smoking)
- MedPro "My Results" Booklet

NB: You will confirm personal details and confirm verbal consent to have your health check **on the day** with the nurse.