

## Health Check Information Sheet

Thank you for booking your health check with us. Here is some information for you to read prior to your health check.

### Purpose of a Health Check

Our Health Check Programme includes individualised appointments with an experienced Registered Nurse, who will assess your physical and psychological wellbeing. Your nurse will discuss your results with you during your check. You also receive your own confidential results booklet. This 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.

### Health Check Information

Your Health Check may include:

#### *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)
- "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)
- "My Results" Booklet

### Privacy

Any information and personal data gathered from you for the purpose of providing you with Health Check services from either Southern Cross Wellness Partners or an independent contractor who provides services to you on behalf of Southern Cross Wellness Partners, is to assist in your treatment, for quality assurance purposes and to fulfil legislative requirements. In addition, Southern Cross Wellness Partners may use your information to generate aggregated and anonymised reports of health trends in your organisation for your employer. This will enable your employer to plan initiatives to support the wellbeing of staff. Personal information will not be shared with third parties other than parties permitted/required by law.

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: [Workplace Healthcare Privacy Statement - Southern Cross Healthcare](#)

Limited contact and demographic information may be shared with an independent third-party provider, Cemplicity, to collect feedback on our services via an online survey. You may opt out when you receive their email/text message. For more information <https://www.cemplicity.com/privacy-policy-for-surveys/>

## Confidentiality

Southern Cross Wellness Partners is fully compliant with both our legal and ethical obligations regarding confidentiality.

## What information will need to be confirmed at your appointment?

You will need to confirm your personal details and provide consent to have a health check on the day with the nurse. You will be asked several health screening questions on the day of your health check.

## Rights

You have rights under the Code of Health and Disability Services Consumers' Rights. These can be viewed at [Code of Health and Disability Services Consumers' Rights — Health & Disability Commissioner](#)

## Further information & Feedback

If you have further questions, or wish to provide feedback, please do not hesitate to contact us at [workplace@schl.co.nz](mailto:workplace@schl.co.nz)