



***CORPORATE
WELLNESS
SERVICE***

Who should do a Health Screening?

Healthy individuals who are at an average risk and do not experience any symptoms should go for regular health screenings to help detect diseases early.

- Blood pressure.
- Blood sugar.
- Blood cholesterol (total).
- Body composition analysis (fat %).
- Body Mass Index (BMI).
- Waist and hip circumference.

[SEE MORE](#)



Employee Health and Wellness programs that we offer:



Healthy Lifestyle Programs

- Healthy eating
- Physical fitness programs
- Building general awareness
- Taking time to relax, unwind and nourish the soul.
- Conducive, free of risk to health, working environment.
- Disease management
- Financial fitness programs- Literacy presentations.



Occupational Health Programs

- First aid services
- Management of IOD'S
- Vaccinations
- Absenteeism and work related Incapacity management.
- Medical surveillance and research.
- Management of chronic conditions.
- Primary health care
- Family planning



Employee Assistance Programs

- Trauma debriefing
- Conflict management
- Debt management
- Bereavement support
- Pre-retirement
- Substance abuse
- Health
- Family problem
- Work place issues



WHY US?

Herspace Wellness has an established network of healthcare professionals with a shared interest of improving employees and patients' quality of lives. Our partners range from patient support groups, funders/ payers, government organisations and private companies. A well-supported screening program is vital, and we offer a variety of tests to give your employees a comprehensive understanding of their health status.

FOLLOW US



Contact us for all your Employee Health and Well-being needs

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