

What is a staff MOT

Contact Us

Employee Wellbeing Services
Health & Wellness Centre
31-43 Ashfield Street
Royal London Hospital
London, E1 2AH

Tel: 020 3594 6609
Fax: 020 7377 7621

www.bartshealth.nhs.uk



Health Promotion in the Workplace - Why?

Investing in the health of our workforce makes good sense. People are the most valuable asset in any company. Employers are increasingly realising that working to achieve a healthy and happy workforce is just as important as investing in maintaining buildings and equipment. The workplace health screening program MOT offers unique opportunities for efficient and effective health interventions – this benefits both the employee and the employer.

Workplace health promotion has also been associated with improvements in employee absenteeism and job satisfaction. Providing health services can not only boost morale amongst staff, but also strengthen trust between managers and employees.

At Barts Health we recognise that our staff are our biggest asset, so we want to do our best to keep you well.

We offer a workplace health check service which generally runs from your Employee Wellbeing Service. The workplace health screening will be run by our Employee Wellbeing team for our employees and partners. We also now have a mobile unit which will allow off site locations to be covered so more staff will be able to access this service.

This service is free and takes up to 1 hour of your time, we can offer a health check for you that covers:

- Blood pressure
- Height, weight and BMI (obesity)
- Cholesterol
- Diabetes (finger prick test)
- Cardiovascular risk factors
- Lifestyle discussion
- Raising awareness of age and gender related cancers and illness

Most noteworthy is that the early warning system measures aspects of the body's functions. These can be key indicators in detecting the onset of health problems.

You will receive written results, and any advice we as Health Professionals feel relevant. If further intervention is required, clients will also be signposted to the relevant Health Professional e.g. their GP.

Workplace health screening is a quick, painless and easy, we offer a one-to-one consultation to all employees. This is also a chance to talk through any issues that you may have confidentially.

Steps & tests performed on the day include:

Urinalysis/Urine Dipstick Test—This checks for the presence of:

- Blood
- Protein
- Glucose
- Ketones
- Leukocytes
- Blood Pressure Test: via Digital Sphygmomanometer
- Randon Cholesterol and Blood Glucose Tests: via a Point of Care Testing Device
- Height Measurement
- Body Analyser Test which includes:
 - Body Fat Analysis%
 - Visceral Fat Value
 - Body Mass Index (BMI)
 - Total Muscle Mass%
 - Body Water Analysis%
 - Metabolic Age
 - Basal Metabolic Rate

If you have any queries, please call 0203 594 6609 (Employee Wellbeing Service (EWS) reception) or e-mail EWS at occupationalhealth.bartshealth@nhs.net.

You can also book by contacting the EWS service at occupationalhealth.bartshealth@nhs.net