



**Calling all site, sales,
customer service
teams, all assistants,
administrators and
trainees**

FREE Health Check

Take control of your health



BARRATT
DEVELOPMENTS PLC

BLUECREST
WELLNESS



Nothing is more important than your health

Even if you're feeling OK on the outside, it's not always possible to tell what's going on inside your mind and body without looking under the surface. Your health check is a fast and easy way to do just that. Whilst offering a picture of your current health, you can also identify future health risks to help you stay healthier in the long term.



Your FREE health check courtesy of Barratt Developments PLC

Barratt Developments are working alongside Bluecrest Wellness and are delighted to be able to offer you a Health Awareness Assessment which includes:

- Cholesterol levels (finger prick test for heart disease)
- Diabetes risk (glucose finger prick test)
- Blood pressure
- BMI
- Body fat readings including dangerous visceral fat
- Muscle and bone mineral mass assessment
- Hydration readings
- Basal metabolic rate and metabolic age calculations
- Grip strength
- Cancer prevention advice
- Results on the day

Your appointment will take place at your divisional office or at an alternative venue close to your development and will be carried out by Bluecrest Wellness health screening specialists. The appointment will last around 15 minutes, no fasting is necessary and you will receive your personal results on the day.

**Please contact your HR Co-ordinator or
Department PA for further information**

