



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

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
- Diabetes risk
- Blood pressure
- BMI
- Hydration readings
- Grip strength
- Blood pressure
- Body fat readings
- Basal metabolic rate
- Metabolic age
- Muscle mass
- Visceral fat

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.

