



ANCORA EMPLOYER HEALTH: ESSENTIAL HEALTH CHECK

BENEFITS OF THE ESSENTIAL HEALTH CHECK

Want to assess your organization's health needs and drive better outcomes over the long term? The Essential Health Check is right package for you.

1**Strong return on investment**

Did you know that during 2021, 47 out of every 1000 working days in the Netherlands were lost because of illness? An employee wellbeing program can help to tackle this risk. According to independent research, employee wellbeing programs lead to reduced levels of absenteeism, stress and burnout, generating significant return on investment over the long term.

2**Focus on preventive health**

Prevention always beats cure! With the Essential Health Check, your employees have a baseline to start improving their health and wellbeing.

3**Actionable data**

The Essential Health Check looks at both mental and physical health, focusing on the areas of health people can control through their lifestyle. Meanwhile, data from our anonymized dashboard helps you as an organization to see what's going well and identify areas for improvement.

4**For the many, not the few**

Traditional employee wellbeing programs only examine the health of senior executives. But the Essential Health Check lays the foundation for good health across all organizational levels.

5**Private and confidential**

We share individual results and recommendations privately with each employee through a secure web portal and mobile app.

6**Excellent employee experience**

In today's labor market, wellbeing has become a crucial part of the reputation of every organization. By showing you care about your people's health, you can foster culture change and ultimately attract, engage and retain the best talent.

THE EMPLOYEE JOURNEY

Here's what the journey looks like for your people.

Onboarding

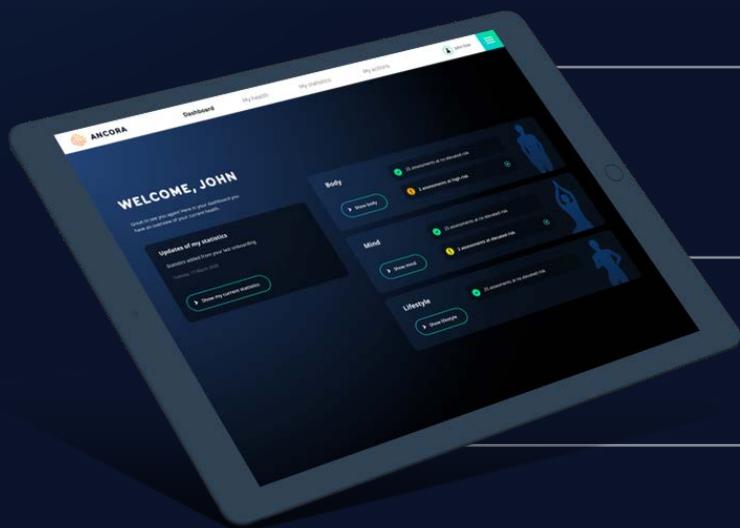
After completing the pre-screening questionnaire, employees receive a home testing kit to collect key data.

1

2

Results

Through our web portal and mobile app, employees receive a Personal Health Passport with all their key data in one overview.



Secure, encrypted log-in



Test results



Health recommendations

3

Action plan

The Personal Health Passport includes a personalized action plan – what we call missions – for your employees to improve their health and wellbeing.

✓

Plans cover topics such as nutrition, fitness, mental health, and sleep.

✓

Plans are never one size fits all!



WHAT THE ESSENTIAL HEALTH CHECK INCLUDES

Discover the standard features offered with the package.

Health screening questionnaire

Employees complete their questionnaire online via our web portal.



- ✓ Medical history
- ✓ Mental health
- ✓ Lifestyle
- ✓ Personal health goals and needs

Onboarding via home testing kit

Easy-to-use finger-prick blood test, self-administered by employees.



- ✓ Cholesterol
- ✓ HbA1c
- ✓ Triglycerides
- ✓ Hemoglobin.

Personal Health Passport

Digital report where employees can view their results and health recommendations.



- ✓ Results from tests and screening
- ✓ Indication of potential health risks
- ✓ Secure, encrypted log-in
- ✓ One-year unlimited access

Advice and guidance

Personalized action plan.



- ✓ Recommendations to achieve health goals
- ✓ Progress tracking via app

Reference price: €129/pp



+ADD-ONS

Need a customized package? No problem! We'll happily tailor our offering to meet your needs. Add-on prices vary depending on your organization's exact requirements.



Expert Consultation

Let your employees reach their full potential through sessions with our team of certified coaches and experts.



Ultrasound scan module

Order a scan for your employees to detect early signs of illness.



Corporate dashboard

Anonymized dashboard for you to track and measure your organization's progress. See what's working and find out where you could still improve.



Remeasurement modules

Make good health the gift that keeps on giving – let your employees track their progress over time.



Results consultation

Let your employees get clarity on their results and action plans during a private conversation with a doctor.

GET AN OFFER

Want to know more about the Essential Health Check? Interested in a demo or offer proposal? Contact us to discuss your specific needs!



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Call us

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Visit our website

www.ancora.health

COME SEE US

Make an appointment to visit our modern health studios in Amsterdam and Eindhoven. See the modern equipment and state-of-the-art experience we offer.

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