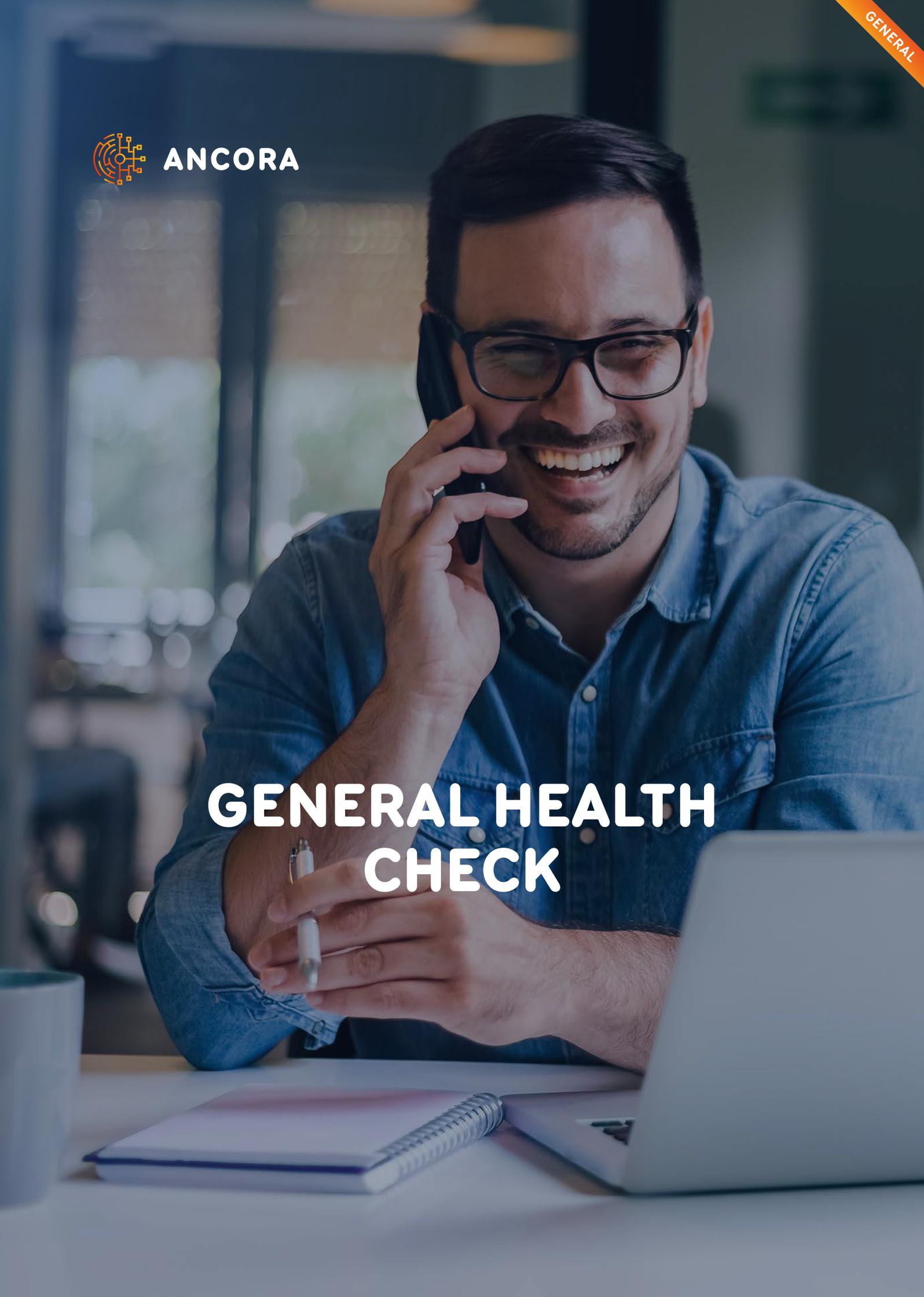




ANCORA

GENERAL HEALTH CHECK



BENEFITS OF THE GENERAL HEALTH CHECK

With an innovative approach to preventive health for the entire workforce, the General Health Check lets you unlock your people's full potential.

1

Strong return on investment

During 2021, 47 out of every 1000 working days in the Netherlands were lost because of illness. Employee wellbeing programs 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 General Health Check, your employees will proactively improve their health and wellbeing when they are still in good shape.

3

Actionable data

The General Health Check measures a wide range of data points – physical and mental – to show your employees what is really driving their health. Meanwhile, data from our anonymized dashboard can help 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 General 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 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

See what the experience looks like for your people.

Onboarding

After completing a pre-screening questionnaire, employees will be onboarded at our health studio in Amsterdam. Alternatively, your employees can get tested at their work location (extra cost applies).

1

 Physical measurements

Body composition, heart, blood, lungs and more.

 Fitness

V02 max oxygen test using an exercise bicycle with increasing resistance.

 Lifestyle

Daily routine, habits and goals.

 Mental health and wellbeing

Emotional resilience, stress and wellbeing.

 Biomarkers

Rapid blood test measuring cholesterol, triglycerides and hemoglobin.

2

Digital results report

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



- 
Secure, encrypted log-in
- 
Test results
- 
Health recommendations

3

Action plan

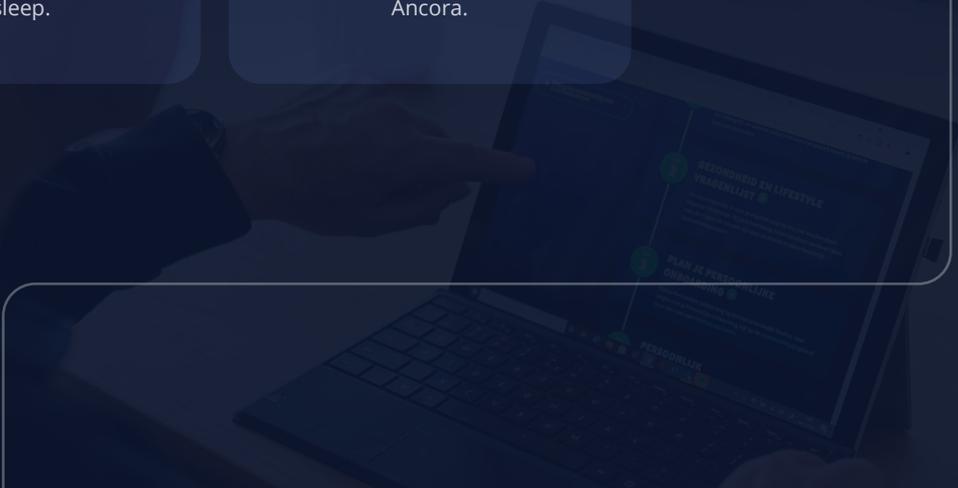
Your Personal Health Passport includes a personalized action plan to improve your health and wellbeing.



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



You align your plan with a doctor and health coach from Ancora.

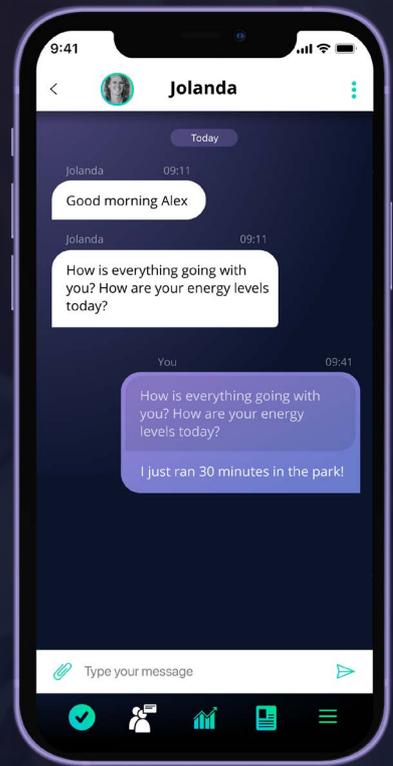


4

Follow-up and remeasurement add-on services

We support you to achieve positive health outcomes over the long term.

- ✓ Access to expert coaching and consultations (extra charge applies)
- ✓ Remeasurement to track progress (extra charge applies)
- ✓ Updated health passport and action plan every time you get remeasured (extra charge applies)



WHAT THE GENERAL HEALTH CHECK INCLUDES

Discover the standard features offered with the package.

Onboarding

Health and lifestyle checks.



- ✓ Health & lifestyle checks
- ✓ Assessment at Ancora health studio or at the workplace (extra charge applies)

Oxygen test (VO2 max)

Data to help optimize fitness routines.



- ✓ Oxygen consumed during exercise
- ✓ (An)aerobic thresholds
- ✓ Heart and lung performance
- ✓ Fat oxidation zone

Heart check

Condition of the heart.



- ✓ Electrocardiogram (ECG) in rest situation
- ✓ ECG during exercise
- ✓ Possible risk factors

Lung check

Analysis of lung functionality.



- ✓ Airways
- ✓ Performance
- ✓ Possible risks

Blood check

Via rapid blood test (fingerprick).



- ✓ Cholesterol
- ✓ Blood sugar
- ✓ Hemoglobin (anemia)
- ✓ Triglycerides (fats)

Physical check

Check on basic health indicators.



- ✓ Body fat percentage
- ✓ Visceral fat
- ✓ Muscle mass
- ✓ Strength
- ✓ Blood pressure
- ✓ Body mass index (BMI)

Mental health check

Analysis of emotional wellbeing (via questionnaire).



- ✓ Work-related risks such as stress and burnout

Results consultation

Employees get clarity on their results during a private conversation with a doctor.



- ✓ 30 minute session
- ✓ Key insights
- ✓ Action planning
- ✓ Q&A

Personal Health Passport

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



- ✓ Performance test results
- ✓ Personalized health goals and action plan

+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 consultations

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



Ultrasound

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



Remeasurement

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



Digital coaching

Trigger your people to adopt healthy habits in their daily routines with a 4-month program of online coaching.



Corporate dashboard

Track and measure your organization's progress. See what's working and find out where you could still improve.

GET AN OFFER

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



E-mail us

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Call us

(+31) 088 1002 323



Visit our website

www.ancora.health

COME SEE US

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

Amsterdam



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