# North Somerset Healthy Workplaces Health Check Information & FAQ

## Introduction

We are pleased that North Somerset Council has been awarded £124,800 to run a pilot scheme in North Somerset to deliver 2,600 health checks to people in their place of work between September and the end of March 2025. More details in the full press release: [Council secures place in national health pilot | North Somerset Council (n-somerset.gov.uk)](https://n-somerset.gov.uk/news/council-secures-place-national-health-pilot)

North Somerset Council have partnered with [Pier Health Group](https://pierhealth.co.uk/) who will deliver the health checks within workplaces. Pier Health Group delivery primary care services (including NHS health checks) to over 100,000 people across Weston-Super-Mare, Worle and other local villages. For this pilot workplaces across North Somerset can take part.

We have compiled a list of Frequently Asked Questions (FAQ) for workplaces who may be interested in taking part in this scheme. Please don’t hesitate to get in touch with any queries: [healthyworkplaces@n-somerset.gov.uk](mailto:healthyworkplaces@n-somerset.gov.uk)

## What is the purpose of this scheme?

* This pilot scheme aims to deliver up to 150,000 health checks in workplaces across England.
* These checks will spot the early signs of heart disease and provide people with the information they need to reduce their risk of having a heart attack, stroke, kidney disease or developing diabetes or dementia.

## What are the benefits for workplaces?

* It will help support employers to support people to stay well in work
* Taking part helps employers to demonstrate their commitment to staff health and wellbeing
* Following participation in this scheme, workplaces will receive a Workplace Health Report with anonymised aggregated cardiovascular disease health check data for all participating workplaces in North Somerset with details of number/percentage of employees with BP over 140/90, number/percentage of smokers, number/percentage of overweight/obese, estimated associated financial costs to businesses, other information to assist in planning health and wellbeing programme within own workplace and recommendations for follow on interventions that are available to workplaces e.g. smoking cessation groups, healthy lifestyle groups

## Who is eligible for the health check?

The eligibility criteria are that the invitee:

• is aged 30 to 74

Specifically, people already diagnosed with the following are excluded from the programme:

• coronary heart disease

• chronic kidney disease

• diabetes

• hypertension

• atrial fibrillation

• transient ischaemic attack

• familial hypercholesterolaemia

• heart failure

• peripheral arterial disease

• stroke.

In addition, individuals:

• must not already have been prescribed statins for the purpose of lowering their cholesterol

• must not have been assessed through a NHS Health Check, or any other check undertaken through the health service in England and found to have a 20% or higher risk of developing cardiovascular disease over the next ten years.

* Must not have had an NHS health check in the last 5 years.

## When can the health checks take place?

* Pier Health will be able to arrange appointments for the health checks at times to suit your staff, including early mornings and Saturdays if required so that shift workers can have the opportunity to take part.

## What does the health check involve?

Health checks will include:

* Age
* Gender
* Smoking status
* Family history of coronary heart disease
* Ethnicity
* Body mass index (BMI)
* Cholesterol level blood test
* Blood pressure
* Physical activity level
* Alcohol use disorders identification test (AUDIT) score
* Cardiovascular risk score

## How long will each health check take?

* Approx 30 minutes per health check

## What will happen to the results of the health checks, who will they be shared with?

Individuals will receive their results in a report and they will also be shared with individual’s GP.

## What support will staff receive if any problems are identified?

* Individuals will be advised what the next steps would be if any problems are identified from the health check
* The North Somerset Healthy Lifestyle Service can be offered if appropriate
* Social prescribing is available if required
* All individuals will receive a leaflet with information about keeping healthy and with info about local opportunities and on topics like keeping active, eating healthily and looking after our wellbeing
* Bespoke support for workplaces e.g. smoking cessation, healthy lifestyle groups

## This sounds great, how do we get involved as a workplace?

* Quite simply, get in touch with the Healthy Workplaces team and we can talk you through what is involved in more detail: [healthyworkplaces@n-somerset.gov.uk](mailto:healthyworkplaces@n-somerset.gov.uk)

## If we decide to take part, what will be the next steps?

* We will ask you to complete a short form with a few details about your organisation with key information e.g. number of employees, numbers of male and female employees, estimated number of employees eligible for the health check, the key contact etc

## How will the appointment system work, will workplaces need to organise the appointment or do employees contact the Healthy Workplaces / Pier Health team directly if they would like a workplace health check?

* Workplaces are asked to nominate and appropriate individual / team (e.g. Occupational Health, Human Resources, People Management Team, Staff Health & Wellbeing Lead) to advertise the opportunity to all employees and create a list of employees wishing to have the health check
* The Healthy Workplaces team will then liaise with Pier Health who will deliver the health checks to arrange a suitable date(s) to carry out the health checks.

## How can I find out a bit more about the scheme before deciding if it will work for us?

* Contact [healthyworkplaces@n-somerset.gov.uk](mailto:healthyworkplaces@n-somerset.gov.uk)

## Where will the health checks take place?

* In a suitable room within your workplace, if you have a large number of checks being carried out you may need two rooms so that two members of the team can carry out checks on the same day.

## Will all the checks take place on the same day?

* Each member of staff can carry out between 15 – 18 checks in one day, if you have lots of staff wanting checks we will need to book in multiple days with you. These will be based on the availability of Pier Health staff so may be spread over different weeks, but we will work with you to make sure that everyone who would like a check is able to have one.

## We don’t have an available room in our workplace to do the health checks, can we still take part somehow?

* It may still be possible to take part by asking your employees to attend a neighbouring workplace. Please discuss with the Healthy Workplaces team if the space in your workplace is an issue.

## Do we have to have a certain number of employees who would like to have the health checks for us to take part?

* Workplaces can take part event if they only have a few employees who would like the checks.

## Will you provide us any information / flyers to advertise this offer to our employees?

* Yes, we can provide some communications materials to help you to advertise this opportunity to your employees.