



KNOW YOUR NUMBERS

health check for your employees

1 day

15-mins appointments

24 employees seen

“Know Your Numbers” test includes:

- Blood Pressure
- Cholesterol (Total, Good & Bad, Ratio)
- Blood Glucose
- Weight, Height & Waist Measurement
- BMI (Body Mass Index)

Cost: £595 + VAT
inclusive of all expenses

Includes 6 hours of assessments, so a maximum of 24 employees can be seen.

Can be run in-house at your workplace.

GET IN TOUCH TODAY AND FIND OUT MORE

Lloyd's
Wellbeing

Level below reception, Lloyd's building,
One Lime Street, EC3M 7HA
| lloydswellbeingcentre.co.uk
| info@lloydswellbeingcentre.co.uk
| 020 7327 5341

KEEPING YOU FIT FOR BUSINESS AND **FIT FOR LIFE**

Lloyd's Wellbeing provides a range of events, talks and activities with a health and wellbeing theme. *We are committed to supporting health, fitness and wellbeing in the Lloyd's Community.*

These are just some of the services we can provide:

- | **Promotional Stand with a health & wellbeing theme**
- | **Lunchtime Talks**
- | **Workshops & Wellbeing Seminars**
- | **DSE (Display Screen Equipment) Assessments**
- | **Yoga Classes and Taster Sessions**
- | **Nutrition Advice & Healthy Eating Challenges**
- | **Counselling & Stress Management**
- | **Nurse Services**

**Lloyd's
Wellbeing**

Find out more at lloydswellbeingcentre.co.uk
or phone us on **020 7327 5341** or visit us at the
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