

Executive medicals

> What do we do?

Our executive wellness assessments focus on gauging various functional states, providing **real-time measurements of illness, performance and the consequences affecting employees' wellbeing.**

It is far more than just a "medical" tool; our approach is to **strategically align your organisation's business imperatives** with the health and wellness goals of key employees.

> How we do it?

Executive wellness assessments can be conducted onsite nationally or at our medical facilities, where our specialist medical advisors and a multidisciplinary team are available to provide comprehensive health examinations.

> Examples of available assessments



Functional muscle movement and muscle activation

A specialised muscle activation and movement assessment utilised in sports medicine.

Brain performance

A specialised assessment of brain performance using a Neurozone Assessment and Omegawave DC potential of the brain.

Functional wellness assessment

A specialised assessment of cardiac function using the Cardiosleeve; the autonomic nervous system and stress, recovery and adaptation reserves systems using the Omegawave.



RightEye

In just minutes, RightEye's patented technology measures visual skills and provides critical insights into health. It does this by monitoring eye movements, which uncovers vision and health issues. It is further able to monitor recovery from brain injury; assess performance vision and monitor improvements. It can deliver objective instant reports with visualisations and precise metrics.

General medical

This is a standardised executive medical assessment including a risk questionnaire, pathology (blood tests), vitals risk assessment, general medical, stress ECG, lung function, and pulse oximetry.

Nutrition

A scientifically-based nutritional assessment developed by a dietitian and InBody body composition analysis.

Health coaching

One-on-one consultations with a health coach to develop a bespoke plan aimed at managing identified risks, promoting total health and wellness and maintaining work-life balance. Executives will also have access to Wellmo, an engaging and motivating, cloud-based, mobile tracking application and online wellness management system. The application can be connected to over 100 monitoring devices and wellness applications; it can also be used to facilitate individual coaching, group challenges and campaigns.