## Why Choose Health15

- Save lives prevention is better than cure.
- Save you money lost productivity per annum per employee is \$1,000 OR \$1.7bn nationally.
- Contribute to broader outcomes particularly prevention of long-term conditions like diabetes, heart disease and stroke.
- Plug and play we take away the burden of organising your own programme
- Comprehensive it's not just about stroke.
- Breaks down barriers to access healthcare.



#### Investment

Meeting the needs of your business is a priority to us and our pricing is based on a cost recovery basis. For your investment, you will receive the following services:

- The initiative setup and promotion
- Resources (e.g. brochures, poster)
- Onsite visits from our team
- Follow-up checks at local pharmacies
- Reimbursement of follow-up costs for people with very high readings that need immediate attention.

### **Get In Touch**

Health15 is always looking for like-minded partners to sponsor our team to visit more worksites. We would love the opportunity to talk more about the benefits Health15 could bring to your workforce.

15-minute
health checks
+ support for
busy workers





Contact us at:

enquiry@health15.nz or visit our website: www.health15.nz



Supported by:





# Health15 is a unique programme that offers blood pressure tests and expert wellbeing advice directly to workers.

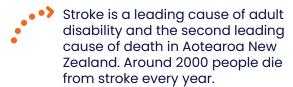
It aims to remove the barriers of cost and time by providing 15-minute blood pressure screening and health advice, along with paying initial consultation fees if immediate medical follow-up is necessary. Health15 also provides ongoing follow-up support and resources to each site, rather than simply offering a "test-and-leave" screening programme.

The name "Health15" refers to the typical duration of each interaction, whether it involves a specific check, such as a blood pressure check, or a health expert speaking about a particular health topic.

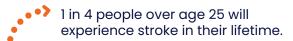


### The Facts

In Aotearoa:



It's estimated that at least 9,000 strokes and an unknown number of TIAs (transient ischaemic attacks) are experienced every year – more than one every hour.



 Stroke is no longer a disease of the elderly. 25-30% of strokes occur in people aged under 65.

60% of strokes for Māori and Pacific people occur at working age (15-64 years), compared with 20% of stroke for other ethnicities, and Māori and Pacific people experience stroke on average 15 years earlier than European New Zealanders.



### **The Good News**

- Most strokes are preventable. Up to 90% of strokes are linked to ten risk factors, many of which can be reduced (modified) such as high blood pressure, untreated atrial fibrillation, physical inactivity, poor diet, alcohol intake, and smoking.
- We can save lives by quickly identifying and supporting people with high blood pressure. Control your blood pressure and reduce your risk of stroke.



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Supported by: Strok

STRONG THINKERS.
GET RESULTS.
HARLES

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