

## 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.

➤ **Contact us at:**  
**enquiry@health15.nz or visit**  
**our website: [www.health15.nz](http://www.health15.nz)**

## 15-minute health checks + support for busy workers



**Health15**  
Workplace health + wellbeing

Supported by:



STRONG THINKERS.  
GET RESULTS.

THE BUILDING  
INTELLIGENCE  
GROUP

**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:

Stroke is a leading cause of adult disability and the second leading cause of death in Aotearoa New Zealand. Around 2000 people die from stroke every year.

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.

1 in 4 people over age 25 will experience stroke in their lifetime.

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.

**Health15**  
Workplace health + wellbeing

**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.**

Supported by:



STRONG THINKERS.  
GET RESULTS.

THE  
BUILDING  
INTELLIGENCE  
GROUP