

Saving Lives in 15 Minutes



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Why this matters



12,000+ pa
↑ 40% by 2028

1st



First leading
cause of
disability

2nd

Second leading
cause of death



Māori, Pacific, Asian

- 15 years younger
- More severe
- Poorer outcomes
- Secondary stroke
- No change in 40 yrs



89,000+

\$

1.1 billion in 2020
1.7 billion by 2028



Minimal ACC
=
whānau care



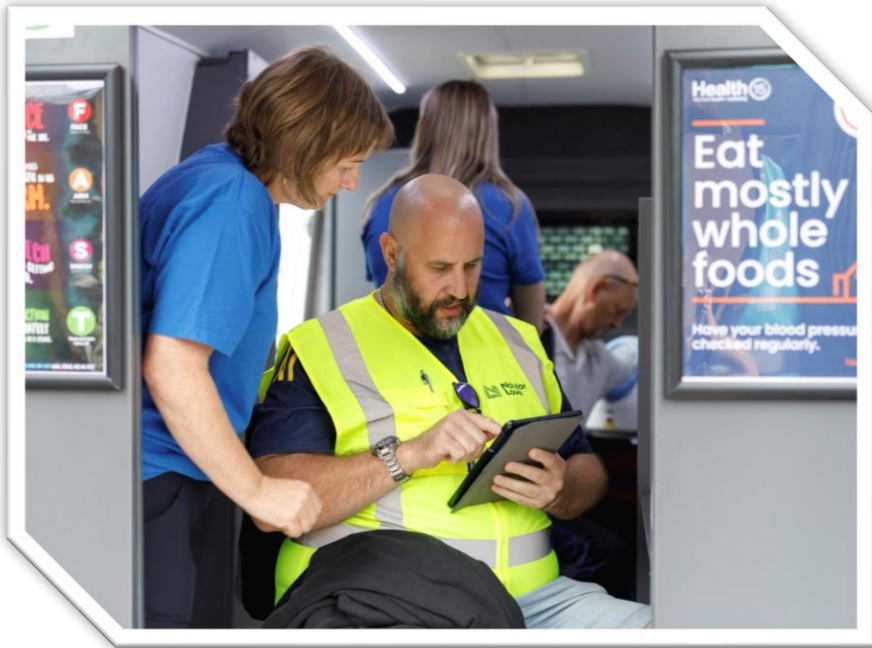
Blood pressure
the silent killer

What is Health15?

- On site workplace wellness programme
- Prevention and risk identification
- Less than 15 minutes
- Confidential
- Not just test and leave



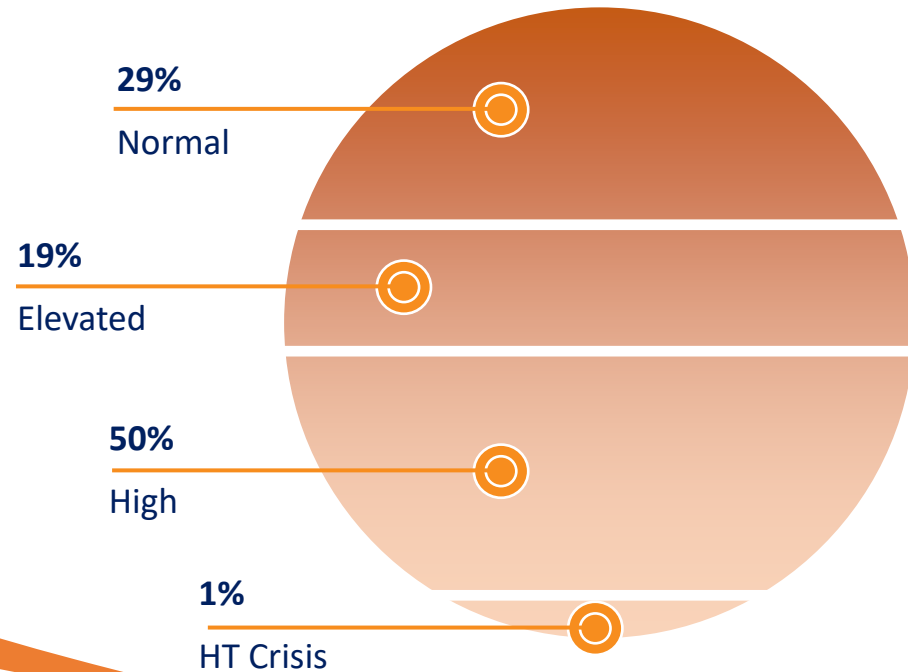
What we test



- Blood Pressure – the silent killer
- Atrial Fibrillation – more deadly
- 8 additional NGO partners



BP Category breakdown for all Health15 sites



Total BP's taken since launch

2995

Total partner businesses

24

Total sites visited

81

47%

High and above

Blood Pressure Breakdown

37% Normal | 19% Elevated | 18% High | 22% HBP2 | 7% HT Crisis

Self-Identified Improvements

55% Reducing Stress | 31% Fatigue Management | 15% Eating Healthy | 14% Better Sleep | 2% Quit smoke/Vape

82%

Likely to make
lifestyle changes

39%

Hadn't had BP tested
in over a year

Reduce stroke risk

Up to 90% of strokes are preventable, and the risk of stroke can be reduced by:



Monitor blood pressure



Be smokefree



Reduce your salt intake



Eat healthy



Move more



Maintain a healthy weight



Alcohol intake LOW



Manage Medication



Treat irregular heart rhythms (AF)



Manage your diabetes

Why this matters

- Lead from the front – early risk identification
- Supercharge your workplace wellbeing programme
- Reduce absenteeism / improve productivity
- Meet your duty of care
- SAVE LIVES



We're ready to check your numbers today Come and see us.

Book a workplace programme: enquiry@health15.nz

