



FAQs on your Vhi LiveWell health screening

Helping you be at your best at work



Vhi

What does the LiveWell screening involve?

The screening will take about 15 minutes and is run by a nurse. After the screening, you'll receive a report from the LiveWell coordinator, who will be on-site all day to answer any questions you have.

What happens on the day itself?

Firstly, you pay a visit to the dedicated Vhi LiveWell coordinator 5 minutes prior to your appointment, who will be close by the screening room. With them you'll review your questionnaire, which you should have received with this PDF. Don't forget your completed form on the day. You do not need to be fasting for the appointment (the results of these tests are not impacted by fasting).

The Vhi LiveWell coordinator will direct you to the screening room, where you'll meet the nurse. Afterwards, the coordinator will also provide you with your results.

We ask that people ensure a timely arrival to all appointments so that no one misses their slot.

How do I book my Vhi LiveWell screening?

Use the link provided to you to book your screening. Please note, slots are only confirmed when you receive a follow-up email after booking online.

As part of the check-up, you'll find out your:

- + Height, weight and BMI measurement
- + Waist circumference measurement
- + Fingerprick indicative total cholesterol test
- + Fingerprick indicative HbA1c test (used to assess risk of diabetes)
- + Blood pressure and pulse rate measurement



Is there anything else I need to know?

When attending medical tests, it is advisable to have a contact number for follow-up if needed. While not essential, you will be asked for your GP details. If you do not have a GP, you can locate one in your area using [icgp.ie](https://www.icgp.ie). Your GP will never be contacted without informing you in advance and only in the case of a very high risk.

Screening health-checks are designed to help you identify lifestyle changes that can impact on your risk of developing future illness. If you are currently unwell or have any active symptoms you should consult your GP, and not wait to attend this appointment.

What if I'm pregnant?

If you are pregnant or think you may be pregnant, this screening may not be suitable for you. During pregnancy, your results will not reflect your normal state of health and Vhi's lifestyle advice may not be applicable to you. The antenatal care you receive from your GP and obstetrician is the best type of assessment for you during pregnancy. Vhi advises people to wait 6 months post-pregnancy to take part in standard health screening.





Your rights and responsibilities

We are committed to ensuring that you:

- + Have your confidentiality and privacy protected, individual results are 100% confidential. They will not be seen by your company or Vhi Healthcare. They will only be used for the purposes of providing this service to you.
- + Are treated safely, using clinically proven screening tests carried out by fully qualified staff
- + Are communicated to about the tests, your results in a clear and open way
- + Are treated with dignity and respect
- + Can comment on the service and will be invited to participate in a satisfaction survey

In order for us to continue to provide the best service we would also kindly request that you please observe the following:

- + Notify us if you will be late or unable to attend an appointment
- + Treat our staff with respect
- + Provide us with accurate information on the questionnaire
- + Follow up on the results with your GP when recommended

Got a question?

Don't hesitate to contact us:

Email - LiveWell@vhi.ie

Phone - 01 6197491.

Use the link provided to book your LiveWell screening today!