

-
-
-
-

Contact us

Hit enter to search or ESC to close



Online Health Assessment

Keeping your employees fit and healthy

**Help your employees
manage their own health
and wellbeing**

We help employers improve the health and wellbeing of their employees by offering staff access to a free online health assessment. Powered by the team at Healthy Performance, MyWellbeingCheck is designed to measure, review and improve their overall wellbeing.

How does it work?

Completed by the employee, each online assessment takes less than 10 minutes to fill in. A personalised dashboard will highlight areas where employees are doing well and other areas that may need improving. Supporting this is a comprehensive 'Take 5' wellbeing library with useful resources and information to help employees make positive lifestyle changes.

Wellbeing Check

24/7 access to an online lifestyle assessment tool that allows employees to assess habits and manage their own health and wellbeing. Taking just a few minutes to complete, the tool provides them with a personalised dashboard and report, covering:

- Movement and sitting
- Stress
- Nutrition
- Sleep
- Alcohol and smoking
- Cardiovascular
- Resistance training

In addition, employees will receive a personalised 'wellbeing' age, 'wellbeing score' and 'wellbeing risk calculation' (10 year risk of cardiovascular disease).

Benefits to employers:

- Supporting employees in managing their own health, fitness and wellbeing
- Reduce sickness and absence
- Desirable employee benefit

Benefits to employees:

- Enable employees to continuously monitor their own health
- Employees can use videos/podcasts to support this journey

Get a quote

Benefits of staying active

Start making a positive impact on the health and wellbeing of your employees today. Get in touch by completing the form below.

First name	<input type="text"/>	Last name	<input type="text"/>
Telephone number	<input type="text"/>	Email address	<input type="text"/>
	<input type="text"/>	Company name	<input type="text"/>
	<input type="text"/>	Number of employees in company	<input type="text"/>
Confirm your preferred method(s) of contact:			
<input type="checkbox"/> email <input type="checkbox"/> phone			

Read our full privacy policy [here](#).

[Submit](#)

Need to know more? Give us a call on **0121 454 3601** or email [**services@bhsf.co.uk**](mailto:services@bhsf.co.uk)

Find out more about other our health and wellbeing services:

Our services



[Download our brochure >](#)

We help employers improve the health and wellbeing of their employees by offering staff access to a free online health assessment.

Connect with us

Menu

- [Employer](#)
- [Personal](#)
- [Intermediary](#)
- [About](#)
- [Media](#)
- [Contact us](#)
- [Customer care](#)
- [Careers](#)
- [Locations](#)

Policy

- [Corporate Responsibility](#)
- [Ethical](#)
- [Privacy](#)
- [Cookies](#)
- [Modern Slavery Statement](#)
- [Regulations](#)
- [Vulnerable Customer](#)
- [Terms & Conditions](#)
- [Annual Report 2022](#)

Accreditations

© 2023 BHSF Group Limited. Registered in England & Wales: 04767689. 13th Floor, 54 Hagley Road, Birmingham, B16 8PE. BHSF Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and Prudential Regulation Authority. BHSF Employee Benefits Limited is authorised and regulated by the Financial Conduct Authority. BHSF's mental health and occupational health services are not regulated by the Financial Conduct Authority nor the Prudential Regulation Authority.

•

•

[Cookies Policy](#)

- **About us**
- **Insights and opinions**
- **Careers**
- **Corporate responsibility**
- **Intermediary**
- **News**
- **Contact**
- **Locations**