



PRAGMATIC TECH (AWOOF) AKOWONJO BRANCH HEALTH SCREENING REPORT

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INTRODUCTION

At Clearline HMO, healthcare is not just about treating you when you are ill, it is also about managing health conditions and maintaining a healthy lifestyle. We help you manage your medical condition by teaming up with your doctor to put you on the path to good health. PRAGMATIC TECH (AWOOF) AKOWONJO BRANCH has taken a proactive step in ensuring the wellbeing of its staff through this comprehensive health screening program. The health program organized by PRAGMATIC TECH (AWOOF) AKOWONJO BRANCH for its employees is very commendable because it gives the opportunity to detect life threatening diseases, which can have serious long-term consequences. It also provides the company with statistical evidence of the health status and indices of the staff, with a view to positively affecting the planning and policy formulations concerning health and other human capital issues. The screening tests comprised of: • Blood pressure monitoring • Random blood sugar test / fasting blood sugar • Measurement of weight and height to calculate Body Mass Index (BMI) • Urinalysis for glucose and protein The health screening exercise was carried out at designated centers as instructed by the company. All results were read and explained immediately through written report forms made available on-the-spot.

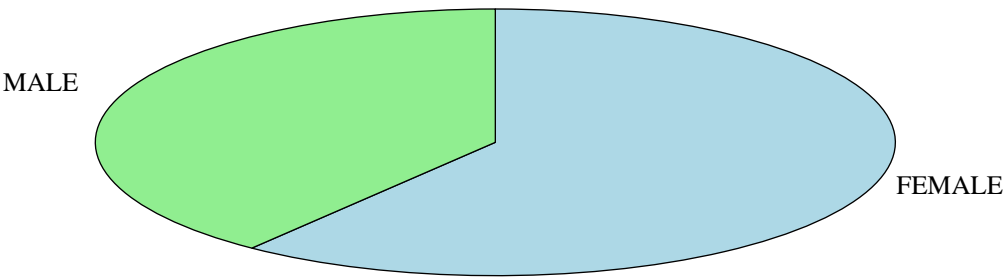
EXECUTIVE SUMMARY

Total Number of Staff: 48

This health screening report provides a comprehensive analysis of the health status of 48 employees at PRAGMATIC TECH (AWOOF) AKOWONJO BRANCH. The report covers various health metrics including blood pressure, blood sugar, BMI, urine analysis. Each section includes detailed analysis, recommendations, and visual representations of the data.

Gender Distribution

Gender	Number of Staff	% of Total
FEMALE	29	60.42%
MALE	19	39.58%

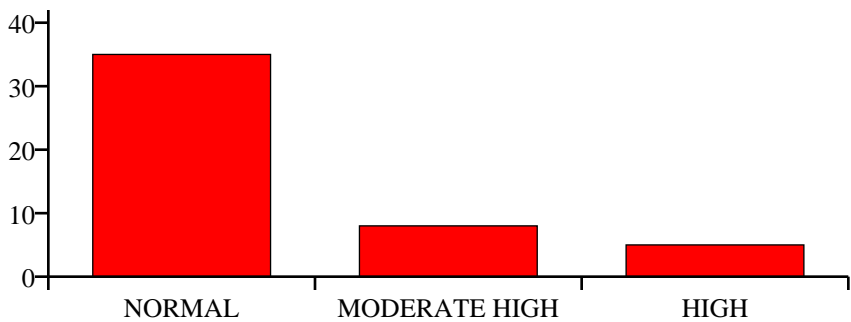


DETAILED HEALTH METRICS ANALYSIS

Blood Pressure Analysis

Blood pressure is a critical indicator of cardiovascular health. The analysis below shows the distribution of blood pressure categories among employees based on current medical guidelines.

Category	Number of Staff	% of Total
NORMAL	35	72.92%
MODERATE HIGH	8	16.67%
HIGH	5	10.42%



Analysis and Recommendations:

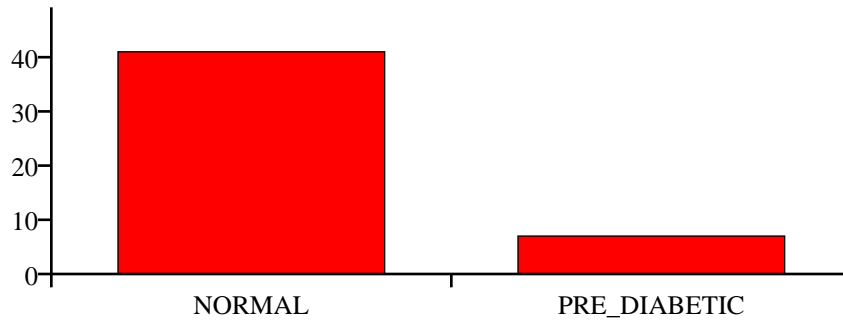
• 72.92% of employees have normal blood pressure levels, which is encouraging. • 0% of employees have elevated blood pressure. • 27.090000000000003% of employees have high blood pressure levels requiring attention. • Recommendations: - Implement workplace wellness programs focusing on stress management - Encourage regular physical activity through company-sponsored fitness initiatives - Provide healthy eating options in the workplace - Consider offering blood pressure monitoring stations - Organize educational sessions on hypertension management

Blood Sugar Analysis

Blood sugar levels are crucial indicators of metabolic health and diabetes risk. The following analysis shows the distribution of blood sugar categories based on current medical guidelines.

Category	Number of Staff	% of Total
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NORMAL	41	85.42%
PRE_DIABETIC	7	14.58%



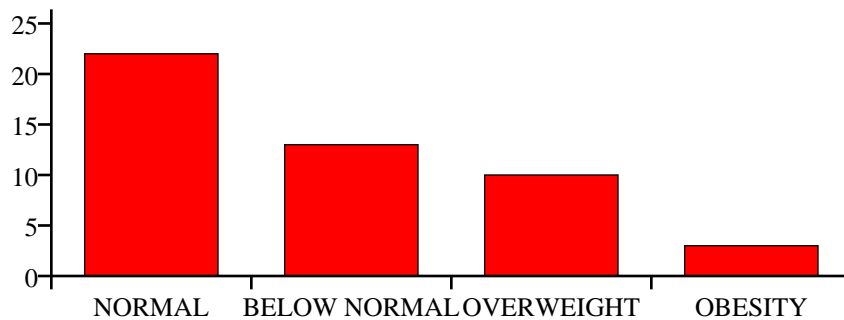
Analysis and Recommendations:

• 85.42% of employees have normal blood sugar levels. • 14.58% of employees are in the pre-diabetic range. • 0% of employees show diabetic range readings. • Recommendations: - Implement diabetes prevention programs - Provide healthy snack options in the workplace - Organize educational sessions on blood sugar management - Encourage regular physical activity - Consider offering regular blood sugar screening programs

Body Mass Index (BMI) Analysis

Body Mass Index (BMI) is a key indicator of weight-related health risks. The following analysis shows the distribution of BMI categories based on WHO guidelines.

Category	Number of Staff	% of Total
NORMAL	22	45.83%
BELOW NORMAL	13	27.08%
OVERWEIGHT	10	20.83%
OBESITY	3	6.25%



Analysis and Recommendations:

- 45.83% of employees have a normal BMI.
- 0% of employees are underweight.
- 20.83% of employees are overweight.
- 6.25% of employees are in the obesity range.
- Recommendations:
 - Implement comprehensive workplace wellness programs
 - Provide nutrition counseling services
 - Organize fitness challenges and group activities
 - Offer healthy meal options in the workplace cafeteria
 - Consider providing gym memberships or on-site fitness facilities

Urine Analysis

Urine analysis helps detect various health conditions including diabetes, kidney disease, and urinary tract infections. The analysis includes testing for glucose and protein in urine samples.

Glucose in Urine:

Result	Number of Staff	% of Total
Glucose NEGATIVE	48	100.0%

Protein in Urine:

Result	Number of Staff	% of Total
Protein NEGATIVE	40	83.33%
Protein POSITIVE	8	16.67%

Analysis and Recommendations:

• 0% of employees tested positive for glucose in urine, which may indicate diabetes or impaired glucose tolerance. • 16.67% of employees tested positive for protein in urine, which may indicate kidney dysfunction or other health issues. • Recommendations: - Employees with positive glucose should undergo further diabetes screening - Employees with positive protein should be referred for kidney function evaluation - Implement regular urine screening as part of routine health checks - Provide educational sessions on kidney health and diabetes prevention - Encourage adequate hydration and healthy lifestyle practices

CONCLUSION

The comprehensive health screening exercise conducted for PRAGMATIC TECH (AWOOF) AKOWONJO BRANCH was highly successful and provided valuable insights into the health status of the workforce. This proactive approach to employee health management is commendable and demonstrates the company's commitment to employee wellbeing. Key findings from the screening include: Blood Pressure Analysis: 72.9% of employees demonstrated normal blood pressure readings, while 0.0% showed elevated levels and 27.1% required immediate attention for hypertension management. Early detection of these cases allows for timely intervention and prevention of serious cardiovascular complications. Urine Analysis: 0.0% of employees tested positive for glucose in urine and 16.7% tested positive for protein, indicating the need for further evaluation and monitoring. All employees with abnormal findings received immediate counseling and were provided with appropriate referrals to their primary healthcare providers for follow-up care. Educational materials and lifestyle modification recommendations were distributed to promote better health outcomes. The screening program successfully identified employees at risk for chronic diseases, enabling early intervention and prevention strategies. Regular monitoring and follow-up screenings are recommended to track progress and maintain optimal health status across the workforce. This health screening initiative serves as a foundation for ongoing workplace wellness programs and demonstrates the positive impact of preventive healthcare in the corporate environment.

RECOMMENDED HEALTH ACTIONS

Based on the comprehensive health screening results for PRAGMATIC TECH (AWOOF) AKOWONJO BRANCH, the following evidence-based recommendations are proposed to improve the overall health and wellbeing of the workforce:

IMMEDIATE ACTIONS:

- Establish a workplace wellness committee to oversee health initiatives and monitor progress.
- Implement regular health screening programs (quarterly blood pressure checks, annual comprehensive screenings).
- Create a referral system for employees requiring immediate medical attention.

WORKPLACE ENVIRONMENT MODIFICATIONS:

- Introduce healthy food options in cafeterias and vending machines, reducing processed and high-sodium foods.
- Create designated spaces for physical activity and relaxation.
- Implement ergonomic workstation assessments to reduce physical strain.
- Establish smoke-free policies throughout all company premises.

EMPLOYEE EDUCATION AND ENGAGEMENT:

- Conduct monthly health education seminars covering topics such as hypertension management, diabetes prevention, and stress reduction.
- Organize group fitness activities and walking clubs to promote physical activity.

- Provide access to mental health resources and stress management programs.
- Create health awareness campaigns using newsletters, posters, and digital platforms.

POLICY RECOMMENDATIONS:

- Implement flexible work arrangements to reduce stress and improve work-life balance.
- Establish mandatory health breaks during long work periods.
- Provide health insurance coverage that includes preventive care and wellness programs.
- Create incentive programs for employees who participate in wellness activities.

INTERVENTION STRATEGIES

HYPERTENSION MANAGEMENT PROGRAM

Hypertension is a leading cause of cardiovascular disease and stroke. Effective management requires a multi-faceted approach combining lifestyle modifications, regular monitoring, and medical intervention when necessary.

Implementation Strategy: Establish on-site blood pressure monitoring stations, provide educational materials on the DASH diet, organize stress management workshops, and create a referral system for employees requiring medication management. Our Chronic Disease Registry (CDR) program can provide ongoing support with dedicated healthcare professionals and medication supplies.

DIABETES PREVENTION AND MANAGEMENT

Early detection and management of diabetes and pre-diabetes can prevent serious complications including heart disease, stroke, kidney disease, and vision problems.

Implementation Strategy: Implement regular blood glucose screening, provide nutrition counseling focusing on carbohydrate management, establish partnerships with certified diabetes educators, and create support groups for affected employees. The CDR program offers comprehensive diabetes management including regular monitoring and medication support.

COMPREHENSIVE WEIGHT MANAGEMENT

Maintaining a healthy weight reduces the risk of developing multiple chronic conditions including diabetes, heart disease, stroke, and certain cancers. Weight management also improves energy levels, self-confidence, and overall quality of life.

Implementation Strategy: Offer group weight loss programs, provide access to nutrition counseling, create workplace fitness challenges, establish walking groups, and provide healthy meal options. Consider partnerships with fitness centers and wellness apps to support employee engagement.

NUTRITIONAL WELLNESS PROGRAM

Proper nutrition is fundamental to preventing chronic diseases and maintaining optimal health. A well-balanced diet supports immune function, energy levels, and mental wellbeing.

Implementation Strategy: Transform workplace food environments by offering healthy options in cafeterias and vending machines, conduct nutrition education workshops, provide access to registered dietitians, and create educational materials on meal planning and healthy cooking techniques.

PHYSICAL FITNESS AND ACTIVITY PROMOTION

Regular physical activity is one of the most effective interventions for preventing and managing chronic diseases. Exercise improves cardiovascular health, mental wellbeing, bone density, and helps maintain healthy weight.

Implementation Strategy: Create on-site fitness facilities or partner with local gyms, organize group fitness classes, establish walking meetings and active commuting programs, provide fitness trackers or wellness apps, and create company-wide fitness challenges with incentives.

STRESS MANAGEMENT AND MENTAL WELLNESS

Chronic stress contributes to numerous health problems including hypertension, heart disease, diabetes, depression, and weakened immune function. Effective stress management is crucial for overall health and workplace productivity.

Implementation Strategy: Offer stress management workshops, provide access to employee assistance programs, create quiet spaces for relaxation and meditation, implement flexible work arrangements, and train managers to recognize and address workplace stressors.

KIDNEY HEALTH MONITORING

Early detection of kidney dysfunction through urine analysis allows for timely intervention to prevent progression to chronic kidney disease. Proteinuria and glucosuria require careful monitoring and management.

Implementation Strategy: Establish regular urine screening protocols, provide education on kidney health and hydration, ensure appropriate follow-up for abnormal results, and coordinate with nephrologists for specialized care when needed.

PROMOTING OVERALL HEALTHY LIFESTYLE PRACTICES

The following evidence-based practices should be actively promoted throughout the organization:

- Complete tobacco cessation with access to smoking cessation programs and resources
- Daily consumption of a nutritious breakfast to maintain stable blood sugar and energy levels
- Regular physical activity with a minimum of 150 minutes of moderate exercise per week
- Maintenance of healthy body weight through balanced nutrition and regular activity
- Moderate alcohol consumption or complete abstinence as appropriate
- Adequate sleep duration of 7-9 hours per night for optimal health and cognitive function
- Healthy snacking choices emphasizing fruits, vegetables, and whole grains
- Regular preventive healthcare visits and health screenings
- Effective stress management through various techniques and social support