



CORPORATE WELLNESS

Nurse-led Wellness Checks - at client premises

- 1 Height, Weight, BMI, Fat %
- 2 Blood Pressure, Pulse
- 3 Random blood sugar and cholesterol - instant results
- 4 Urine Dipstix
- 5 Vision Screening
- 6 Lung function screening
- 7 Tailored advice from the nurse
- 8 A copy of the results and advice given to the employee on the day

Min no of people: 20/day

Max no of people: 40/day

Nurse and Doctor Wellness Checks - at client premises

- 1-6 As above- carried out by nurse
- 7 Examination by doctor - ENT, Eyes, Cardiac, Chest, Skin
- 8 Tailored advice from the doctor
- 9 A copy of the results and advice given to the employee

on the day

Min no of people: 20/day

Max no of people: 40/day

Additional Services

- Pre-employment medicals **Customised to client needs**
- Annual fitness to work **Customised to client needs**
- Life-Insurance medicals **Customised to client needs**
- Wellness talks

Executive Well Woman - at SES Clinics Lilayi

- 1 Height, Weight, BMI, Fat %
- 2 Blood Pressure, Pulse
- 3 Urine Dipstix
- 4 Vision Screening
- 5 Lung function screening
- 6 Resting ECG
- 7 Full Blood Work-up
Full Blood Count & ESR, Kidney Function, Liver Function, Thyroid Function, Calcium, Fasting Glucose, Fasting cholesterol profile
- 8 Detailed discussion with doctor including lifestyle, diet, risk factors, familial history
- 9 Detailed examination by the doctor (Top to toe)
Skin, ENT, Thyroid, Eyes, Cardiac, Chest, Breast exam, Abdominal and Pelvic examination
- 10 Pap smear using Liquid based cytology and disposable specula

Executive Well Man - at SES Clinics Lilayi

- 1 Height, Weight, BMI, Fat %
- 2 Blood pressure, Pulse
- 3 Urine dipstix
- 4 Vision screening
- 5 Lung function screening
- 6 Resting ECG
- 7 Full Blood Work-up
Full Blood Count & ESR, Kidney Function, Liver Function, Thyroid Function, Calcium, Fasting Glucose, Fasting cholesterol profile, PSA (Prostate test) if indicated
- 8 Detailed discussion with doctor including lifestyle, diet, risk factors, familial history
- 9 Detailed examination by the doctor (Top to toe)
Skin, ENT, Thyroid, Eyes, Cardiac, Abdominal, Testicular and Prostate check

Optional additional tests

- 1 Chest X Ray if indicated (done off-site)
- 2 Mammogram if indicated (done off-site)
- 3 Stress ECG - Treadmill test (done off-site)
- 4 Detailed report to the employee with a copy of all results sent by email within one week of tests

SES Clinic Queries or for more information | clinic@ses-zambia.com | call 737



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Strictly by appointment only

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