



ALL INFORMATION GATHERED WILL  
REMAIN PRIVATE AND CONFIDENTIAL



NSW Police Force



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## YOUR HEALTH CHECK

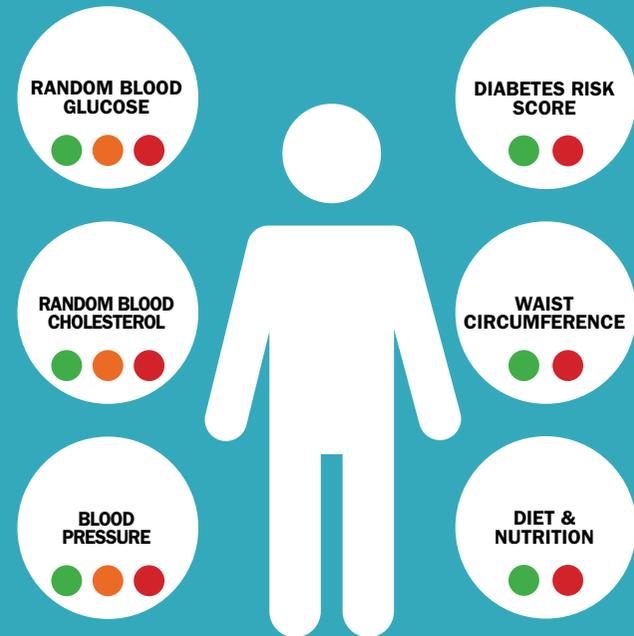
- ✓ SPONSORED BY HUMAN RESOURCES COMMAND
- ✓ IN YOUR WORKPLACE
- ✓ CONFIDENTIAL
- ✓ 15 MINUTES
- ✓ HEALTH AND FITNESS ASSESSMENT

## WHAT IS A HEALTH CHECK?

A health check is a voluntary 15 minute health and fitness assessment conducted by nurses of the Health Support Unit.

Our nurses will be travelling to you providing this service in the convenience of your workplace.

The health check will measure your:



TO PROVIDE YOU WITH  
YOUR PERSONAL SCORE CARD

## HOW DO YOU ACCESS THE YOUR HEALTH CHECK SERVICE?

CONTACT THE HEALTH AND FITNESS UNIT AT WORKFORCE SAFETY TO  
ARRANGE FOR THE YOUR HEALTH CHECK TEAM TO VISIT YOUR  
WORK LOCATION

### WHAT ASSISTANCE IS AVAILABLE?

- Confidential and professional advice
- Simple and convenient access
- Improved health awareness
- Referrals when required
- Ongoing help if needed.

### WHAT IF I NEED FURTHER ASSISTANCE?

All participants will receive a report card with their results, links to resources and an action plan for ongoing management if required.

In the event you are assessed for an immediate health risk, i.e. urgent GP attention or hospitalisation, your Commander will be notified.