

Preparing for your Health Risk Assessment

Sonic HealthPlus has been appointed to complete a health risk assessment on behalf of your employer.

The main purpose of this assessment is to determine if you have inherent health risks for common chronic conditions in Australia, increase your awareness to these risks, and provide you with a copy of your results.

The information below provides an outline of what to expect during your assessment.



How long will the assessment take?

The complexity of the assessment will influence how long it takes. Below is an indication of how long the assessment may take:

Classic Assessment	15 minutes
Comprehensive Assessment	20 minutes
Premium Assessment	60 minutes



What do I wear?

We encourage you to wear loose comfortable clothing and enclosed footwear.

This especially applies if you are booked in for a basic fitness testing (Premium Assessment).



What to expect on the day of the assessment?

It is recommended necessary paperwork is completed **prior to your visit**.

Baseline screening (classic and comprehensive health assessment) includes blood pressure, height, weight, waist and hip measurements, and a finger prick blood test.

Premium level includes a lifestyle questionnaire, vision screening and basic fitness testing.

Once all services have been completed, the results are reviewed by the wellness consultant, and feedback will be provided at the end of the assessment.

Preparing for the assessment on the day

Carefully check your confirmation email for the activity(ies) you have been booked for to see if any of the preparations below apply to your assessment.

For the most accurate results, we recommend the following preparations:



Finger Prick Blood Testing - Fasting

- Do not eat or drink (water excepted) for 8-10 hours (no longer than 16 hours) prior to your blood test.*
- Continue water intake as normal, sipping recommended.
- Medications should not be stopped.

** If you have a late morning or afternoon appointment a minimum 2 hours fasting is required and recommended.*



Body Measurements - Please remove stockings to enable body fat readings on the scales.

Blood Pressure - Avoid physical activity/exercise, caffeine and smoking at least 2 hours prior for optimal reading.

Vision Screening - Bring your prescription glasses or contact lenses if worn.



Fitness Testing

- Avoid rigorous exercise, caffeine and smoking for optimal performance.
- You shall be asked to undertake activities assessing: flexibility, upper body and core strength, and general fitness.
- Wear loose comfortable clothing and closed footwear.