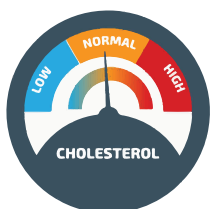




Mini Health MOT

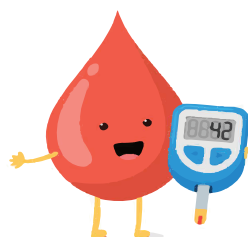
Symbiosis Health presents an opportunity for you to take charge of your health with our Mini MOT event. Our team of dedicated nurses will conduct a series of medical tests aimed at assessing various aspects of your health.

NEXT EVENT IS...



Cholesterol Test:

Uncover vital information about your heart health with our cholesterol test. By measuring cholesterol levels in your blood, we help you understand and manage your risk of heart disease and stroke.



Blood glucose Test:

Take control of your blood sugar levels with our blood glucose test. This essential assessment aids in detecting diabetes and provides valuable insights into your metabolic health.



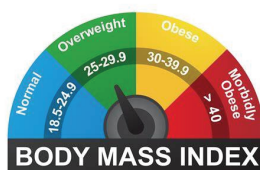
Wellbeing Chat:

An opportunity to reflect on your wellbeing and mood control with one of our nurses. By evaluating your mood and how you manage your mood can help identify new methods to make everyday life that bit easier.



Weight Measurement:

Our weight measurement service offers more than just numbers on a scale. By evaluating your weight, we provide a holistic view of your health and assist you in setting realistic wellness goals.



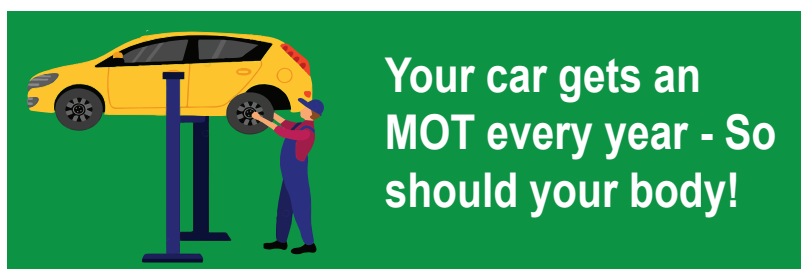
BMI Calculation:

Gain deeper insights into your body composition and health risks with our BMI calculation. By considering your weight in relation to your height, we help you understand your risk for various health conditions associated with weight.



Cardiac Risk Profile:

Elevate your cardiovascular health with our comprehensive cardiac risk profile assessment. This multifaceted evaluation analyses factors such as cholesterol levels, blood pressure, and lifestyle habits to empower you to make informed decisions about your heart health.



**Please contact your
HR to make
an appointment!**