Vista | HEALTH

Healthy People, Stronger Business

Be strategic about your employees' health

www.vista-health.co.uk

Why your **employees' health matters**

Supporting your employees' health is no longer optional. It's strategic.

A healthy, engaged workforce provides you with a powerful, competitive advantage.

As a forward-thinking business, you understand that success starts with a culture where your people feel seen and supported.

Giving your teams the tools to take control of their own health ensures they feel empowered and valued, and positions you as an employer of choice.

Investing in preventative health assessments will foster loyalty and high-performance because your employees will understand that you care about them and their long-term wellbeing.

The benefits speak for themselves

When your employees' wellbeing comes first, everyone benefits. Morale, loyalty and productivity all rise.

By providing proactive health assessments alongside other benefits, minor issues are caught early, before they turn into major problems.

The result is a team that stays engaged, confident and energised because they understand that you care about them and their long-term wellbeing.

9.4 days

Average time off sick for UK employees in 2025.

(CIPD, Health and wellbeing at work, 2025)

62%

Number of UK working adults who said workplace health and protection benefits are important when considering a new job opportunity.

(Opinium/Association of British Insurers, 2025)

£85 billion

Annual cost to employers of poor workplace health.

(DWP / DBT Keep Britain Working review, 2025)

78%

Of consumers are more likely to trust and buy from companies that prioritise employee wellbeing.

(Edelman Trust Barometer, 2024)

The value of **proactive healthcare**

Empowering your employees to prioritise their wellbeing sends a clear message that your organisation values people, not just performance.

This commitment builds trust, strengthens engagement and creates a healthier, more resilient workforce.

A proactive health programme will enable you to:

- attract and retain top talent
- increase employee loyalty
- build a more resilient, profitable business

Health assessments are the way forward

Introducing health screening and comprehensive health assessments puts you at the forefront when it comes to looking after your people.

It means you are being proactive about your teams' health, helping them act earlier before minor concerns become bigger problems, including MSK issues that can become longer-term absence drivers without timely investigation.

It's a visible commitment that sends a powerful message: you value their vitality as much as their productivity.

28 million

Number of lost working days per year to musculoskeletal (MSK) disorders in the UK.

(HSE, 2023)

£9 billion

Annual cost to UK employers of absenteeism and productivity loss due to cardiovascular disease.

(BHF, 2023)

73%

Of UK adults would be more likely to apply for a role if the employer publicly discloses its health and protection benefits package.

(Opinium/ABI, 2025)

The whole process from start to finish was very efficient and I am pleased to have gone through the health check. The explanation of the results was informative and has led to some changes in my self-care.

Peter Seex, Managing Director at Ash Capital Projects

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A **meaningful solution**

Vista Health's proactive assessments go much deeper than a simple tick-box exercise. Our packages have been clinically designed to provide meaningful insight and actionable advice.

Your employees can expect a comprehensive suite of tests that give them a clear picture of their current state of health, along with GP-supported guidance on what to do next.

Our unique approach means that we can help identify potential health issues early on, vastly speeding up the next steps.

After all, prevention is better than cure.

Who is Vista Health?

Vista Health is the UK's largest independent provider of specialist health diagnostic services, delivering high-quality, fast, and accessible healthcare.

We offer convenient and affordable health assessments both at your business or through our extensive network of UK diagnostic centres.

Whether you're looking for comprehensive health assessments for your senior leaders or general health screening for all staff, we have flexible solutions and funding options to suit your needs.

We are here for life's moments.

100% of our services are rated **Good** or **Outstanding** by the CQC.

Regulated by Care Quality Commission

Why choose us?

Our comprehensive approach to health assessments provides:

- A 360° view of your employees' health
- Comprehensive blood testing and targeted MRI imaging
- Fast access to diagnostics through our UK-wide clinic network
- Clear, detailed reporting
- Quick results – days, not months
- Flexible delivery – at-home kits, on-site days or at one of our clinics
- Tiered packages to support businesses of all sizes
- Personalised solutions to suit your needs
- Clear pathways from assessment to results, guidance and onward action

Our in-house Vista GPs provide flexible virtual support 7 days a week, helping employees understand their results, discuss next steps and access onward guidance where needed.

The benefits of proactive health assessments

The success of your business is closely tied to your employees' health. Investing in health assessments could enable you to:

- Retain and attract high quality talent
- Reduce recruitment costs
- Reduce absenteeism
- Reduce presenteeism
- Boost productivity
- Enhance your company culture and reputation
- Ensure leadership stability

Ultimately, you will be able to create a healthier and more engaged workforce, leading to greater business sustainability and success.

85% **Of employees are more likely to stay with an employer if wellbeing is prioritised.**

(REBA, 2024)

20% **Increase in productivity for companies that implement effective health and wellbeing programmes.**

(WHO, 2023)

For every £1 spent on workplace health programmes, employers see a return of between £4.70 and £8.

(Keep Britain Working review, 2025)

Health assessment packages

Our packages provide comprehensive assessments at varying levels, to suit your needs.

Everyday Health Assessments

Essential health checks for every employee

Our Everyday Health Assessments provide accessible health checks designed for the whole workforce. These essential assessments focus on core health indicators, helping employees understand their current health and identify potential risks early.

By making preventative health checks available to everyone, organisations can encourage employees to take control of their wellbeing while supporting a healthier, more engaged workforce.

Advanced Health Assessments

Deeper health insight with enhanced screening

Advanced Health Assessments build on everyday health checks by introducing more detailed screening and diagnostic insight. These assessments include expanded blood testing alongside cancer markers and gender-specific health screening.

Designed for employees who want a more comprehensive picture of their health, these assessments help detect potential issues earlier and provide clearer guidance on the next steps to protect long-term wellbeing.

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Everyday

Insight

£79

Core blood testing across diabetes, iron status, kidney, liver, thyroid, nutritional and heart health.

Includes creatine kinase, a muscle health marker that can help provide insight into recent muscle strain or damage.

A clear baseline screen designed to help spot potential risks early and support proactive health decisions.

Upgrade to **Insight Plus**

£155

Adds physiological measurements (blood pressure, BMI and waist/hip) plus a Health & Lifestyle questionnaire and a 15-minute virtual follow-up consultation.

Advanced

Nurture

£265

Blood testing across diabetes, iron status, kidney, liver, thyroid, nutritional and heart health.

Adds blood pressure, BMI and waist/hip measurements, alongside a Health & Lifestyle questionnaire.

Includes 15-minute virtual follow-up consultation plus heart risk scoring and physiological measurements.

Upgrade to **Nurture Plus**

£395

Adds gender-specific cancer markers and cancer self-check guidance, bowel cancer screening and urine analysis, with a 30-minute virtual follow-up consultation.

Refine

From £265

A tailored health assessment package designed around your employees and your business. Choose assessments to support specific health goals or occupational needs, with clear results and personalised recommendations.

Health assessment packages continued

Our packages provide comprehensive assessments at varying levels, to suit your needs.

Total Health Assessments

Comprehensive health assessments for senior leaders

Total Health Assessments are designed for senior leaders and high-potential talent whose performance and leadership are critical to the future of the organisation.

These comprehensive assessments combine advanced diagnostics, including MRI imaging, detailed blood testing and physiological measurements, to provide a complete picture of an individual's health.

By identifying potential risks early and providing clear clinical insight, organisations can support leadership resilience, protect future talent and ensure key people remain energised, focused and ready to perform at their best.

Executive Health Assessments

Premium executive screening to protect performance and continuity

The health of senior leadership is a strategic business priority. Executives operate in demanding environments where resilience, clear judgement and sustained performance are essential.

Our executive health assessments provide a comprehensive view of a leader's health through advanced diagnostics, including imaging, blood testing and physiological measurements. These insights help identify potential risks early and support long-term wellbeing.

By investing in executive health, organisations protect leadership continuity, support sustained performance and strengthen the long-term health of the business.

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Total

Prevent

£845

Personalised specialist imaging, selected to suit the individual.

Wider screening including gender-specific cancer markers and cancer self-check guidance, plus bowel cancer screening and urine analysis.

Virtual GP support with a 15-minute pre-assessment consultation and 40-minute follow-up, alongside mental health, MSK review & heart risk scoring.

Upgrade to **Prevent Plus**

£1,745

Adds Full Body MRI, hormone profiles and a cardiovascular risk assessment (with the same 15-minute pre-assessment and 40-minute follow-up).

Executive

Protect

£2,445

Comprehensive blood testing across diabetes, iron status, kidney, liver, thyroid, nutritional and heart health, including gender-specific cancer markers, hormone profiles and cardiovascular risk assessment.

Full measurement set (blood pressure, BMI and waist/hip), alongside Health & Lifestyle and mental health questionnaires, MSK review and heart risk scoring for a rounded risk picture.

Includes MRI Full Body & Cardiac, and virtual GP support: 15-minute pre-assessment consultation and 40-minute follow-up.

Upgrade to **Protect Plus**

£4,495

Adds a Full Body MRI plus a Cardiac CT Angiogram to support more detailed cardiovascular disease risk assessment and diagnosis, with extended virtual GP support (30-minute pre-assessment and 40-minute follow-up).

Refine

From £265

A tailored health assessment package designed around your employees and your business. Choose assessments to support specific health goals or occupational needs, with clear results and personalised recommendations.

SmartHealth™

SmartHealth™ is Vista Health's proprietary, flexible employee benefit, giving employees access to private healthcare through simple, interest-free salary deductions. It allows people to choose the care they need, when they need it - making costs more manageable and healthcare more accessible.

Designed to sit alongside your wider health and wellbeing offering, SmartHealth™ provides another route to timely support. From private GP appointments to diagnostic scans, it offers a flexible way to access care.

Key benefits:

- Simple, interest-free salary deductions
- More affordable access to private healthcare
- Flexible support that complements your wider benefits
- Access to services including private GPs, diagnostic scans, and preventative health assessments
- A scalable solution to suit your organisation

Tailored benefits to suit your people

The Vista Health offering is flexible, so you can mix and match packages, delivery and funding options.

From screening and results through to GP guidance, onward recommendations and further diagnostics where needed, Vista Health helps employers offer a clearer route from insight to action.

Our health assessments can be adapted to help you meet your company's health goals or occupational needs. You can also tailor a package to suit specific requirements.

For example, you might choose essential screening for all staff, or you might prefer tiered packages to support levels of seniority, life stage or business needs.

You can also vary how the packages are delivered – at home, on-site at your premises, or in one of our clinics across the UK.

Funding options

Fully funded

You can choose to fully fund your health assessments, with no cost to your employees.

Part funded

Share the cost between your organisation and your employees, with flexible contribution options.

Salary sacrifice

Employees pay for their assessments using pre-tax income, reducing the tax they pay.

Employee funded

Assessments are fully paid for, voluntarily, by your employees, at minimal cost to you.

No matter the size of your business, Vista Health's solutions are designed to scale with you.

I partner with organisations to deliver health strategies that go beyond the basics, ensuring their health assessments provide meaningful insights that make a difference. I believe that when a company invests in the long-term wellbeing of its team, employees don't just perform better, they feel genuinely valued.

Nick Chan, Business Development Manager

I partner with organisations to implement preventative health assessments that move beyond traditional tick-box exercises, focusing on early risk detection, proactive employee support, and alignment with wider business and wellbeing strategies. Our approach is tailored to deliver meaningful, measurable outcomes for both your people and business performance.

Rhiane Hale, Business Development Manager

Let's build a **healthier future** **together**

Vista | HEALTH

accessible | affordable | assuring

Because supporting your employees' health is no longer optional. It's strategic.

Partner with Vista Health for fast, accessible, clinician-supported health assessments that make a real difference.

Contact us to start your health assessment programme today

corporate@vistahealth.co.uk
www.vista-health.co.uk

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