

# EMPLOYEE HEALTH CHECK IN UNDER 60 SECONDS

## LOOKING FOR A WAY TO ENGAGE YOUR EMPLOYEES INTO BECOMING MORE ACTIVE?

*The Evolt 360 scan enables your team to set wellness goals, be part of a supportive community, stay motivated, track their progress, and help achieve wellness objectives.*

The applications and benefits of the Evolt system is paramount for the baseline and monitoring of pre-employment Health as well as creating an engaging platform to educate employees and incorporate Health and Wellness incentive programs.

### INCREASED ▲

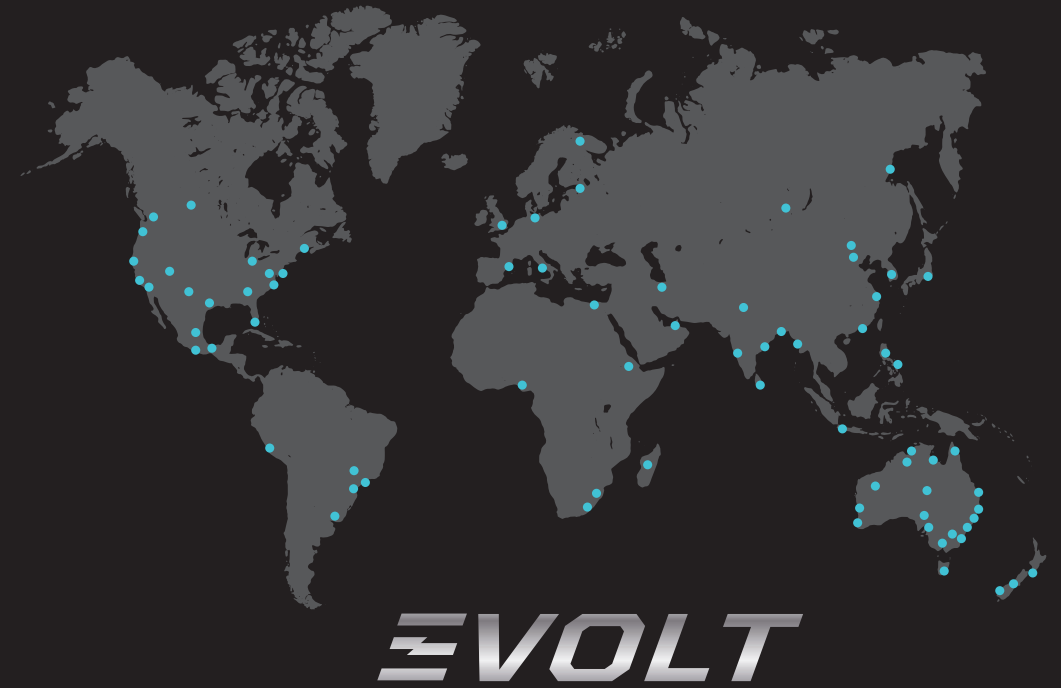
- ✓ productivity
- ✓ energy, focus and attitudes in the workplace
- ✓ awareness in personal health & wellbeing

### DECREASED ▼

- ✓ sick leave and absenteeism
- ✓ in workers compensation costs

### BENEFITS OF USING THE EVOLT 360 BODY SCANNER IN A CORPORATE ENVIRONMENT:

- ✓ Non-invasive scan, employees only remove shoes and socks
- ✓ Quick process, scan only takes 2 minutes
- ✓ Results are confidential and private to employee
- ✓ Employees are motivated to eat healthy and exercise after their scan



**THROW AWAY THE BATHROOM SCALE AND THE MEASURING TAPE AND FORGET YOU EVER HEARD ABOUT 'BMI'.**

### DO YOUR EMPLOYEES KNOW MORE ABOUT THEIR CAR THAN THEIR OWN HEALTH?

Whilst it is common for people to service their cars regularly, know much pressure should be in their tyres and exactly what fuel to use, it is a completely different story if you were to ask someone about their last health check. Most people have a tendency to neglect their own health. There is no more important investment than in your own health.



### WHAT IS VISCERAL FAT AND WHY IS IT IMPORTANT TO MONITOR?

Visceral fat surrounds your abdominal organs. It is normal to have some visceral fat; however, a high level of visceral fat can lead to serious health issues. It is important to monitor visceral fat and ensure we are eating healthy, exercising and reducing stress levels to stay in the optimal range.



### ARE YOUR EMPLOYEES FUELLING THEIR BODY CORRECTLY TO SUSTAIN ENERGY AT WORK?

Upon scanning, Employees will receive a complimentary macro nutrient profile where they will be able to discover exactly how much protein, fat and carbohydrates they should be eating per day in line with their body type and health and fitness routine and goals.

The Evolt 360 scan captures 40 + internal measurements such as lean body mass, body fat mass and percentage, skeletal muscle mass, visceral fat level, fitness age and fitness score + more.

The Evolt360 machine uses a measuring method called use Bio-electrical Impedance Analysis (BIA).

Our analysers use a multi-frequency segmental analysis measuring the trunk and limbs and giving muscle mass and fat mass in each of these areas and are equipped with 8 electrodes, which is the evolution of BIA scales.

The scan process takes approximately 2 minutes.



DOWNLOAD THE EVOLT ACTIVE APP



### CORPORATE TEAM CHALLENGE



A total of 15.4kg increase in Skeletal Muscle Mass



A total of 29.4kg decrease in kilos of Body Fat



A total of 27.8% decrease in Body Fat



An average of 3 Levels of Visceral Fat reduction



An average of 3 year reduction in total Fitness Age



An increase of 5 points in average of total Fitness Score (average starting score was 80/100. Increased to 85/100)

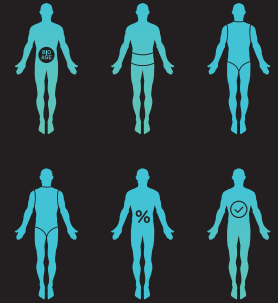


## IS YOUR WORKPLACE READY FOR THE WELLNESS BOOM?

MEASURE YOUR EMPLOYEES PROGRESS AND SUCCESS

### WHAT HAPPENS ON THE DAY:

- Please allow 5 minutes per employee so our staff can explain their result



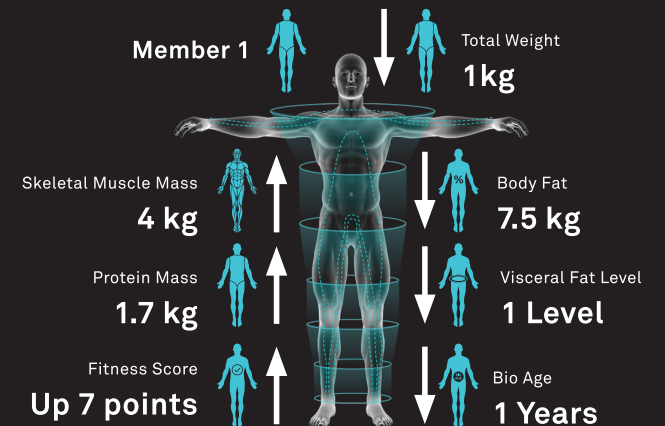
We highly recommend scanning employees every 3 months to keep them motivated.

### HOW HEALTHY IS YOUR WORKPLACE?

Let us provide you with a snapshot via our unique BWI (Bio Wellness Index)

The BWI will become the benchmark index for health and wellness. The BWI is an individualized rating that will replace the outdated BMI. Already this is gaining traction via the gamification of workplace challenges both individually and as a group.

### INDIVIDUALISED MEMBER RESULTS



The Evolt 360 Solution is now quantify the impact of health programs on community and corporate environments.