



Executive Health Assessment

A Jobfit Executive Health Assessment is a comprehensive medical and physical health appraisal for busy executives.

Our goal is to identify any potential health and medical issues, and provide recommendations or referrals as required to manage any identified problems.

The Executive Health Assessment is comprehensive and comprises of:

- Medical and lifestyle history
- Complete physical examination which includes a cardiovascular and respiratory assessment
- Spirometry (lung function testing)
- Audiometry (hearing test)
- VO2 max fitness test
- Urine analysis
- Fasting cholesterol and lipid profile (blood test)
- Fasting glucose (blood test)
- Full blood count (blood test)
- Blood biochemical analysis (blood test)
- Body mass index (BMI) calculation
- Electrocardiography (ECG)
- If over 50 and male - Prostate Specific Antigen, a blood test (screens for prostate cancer)
- If over 50 or immediate family history of bowel cancer – Faecal Occult Blood (screens for bowel cancer)

The assessments do not include testicular examination, breast examination, cervical smear tests or rectal examination.

You may have questions with regards to the above mentioned tests and they can be addressed during your consultation with the Jobfit Doctor.

Blood tests should preferably be undertaken prior to your medical assessment, so that you can receive the results of these tests during your consultation with the Jobfit Doctor. If this is not possible, it can certainly be done on the day of your assessment.

You will receive a personalised report summarising the relevant information from the examination, test results and recommendations discussed on the day of your assessment. This report should be available to you within 24 hours of your assessment, or alternatively 48 hours if the blood tests are undertaken on the same day.

No medical information is sent to your employer.

If you are booked for an Executive Health Assessment please make sure you complete each of these steps:

1. Confirm your appointment time with Jobfit by return email or phone call.
2. Complete the medical questionnaire and return to Jobfit prior to or on the day of your medical.
3. If you are able, attend one of the nominated laboratory collection centres for your blood tests at least 2 days prior to, or on the day of, your medical.
4. When you attend for the medical please wear suitable clothes to undertake the fitness test (running shoes, shorts and t-shirt or tracksuit).
5. Allow 1-2 hours for the complete assessment.

Please contact Jobfit on 1800 994 808 or email info@jobfit.com.au if you have any queries or require further information.