

# Your Privacy

We fully understand that your privacy is very important to you. We also feel very strongly about this. That is why we want to be as transparent as possible about our privacy policy. Once you have signed up for the Persoonlijke Gezondheidscheck, all of your personal data will be protected by &niped with the utmost care. No one other than you will be able to access your personal data without your explicit consent.



## How healthy are you really?

Take control of your health with the Persoonlijke Gezondheidscheck.



Developed in cooperation with



Is a part of  niped

 [info@persoonlijkegezondheidscheck.nl](mailto:info@persoonlijkegezondheidscheck.nl)

 0900 - 44 77 383

 from 9.00 to 12.00 on workdays

 [www.persoonlijkegezondheidscheck.nl](http://www.persoonlijkegezondheidscheck.nl)



Insight into your health and vitality



Personal health environment



Effective



Customized



Safe & reliable



User-friendly

# The Persoonlijke Gezondheidscheck

Once you know how healthy and vital you are, you know what kinds of improvements you can make – both at work and at home. After all, quite a few diseases and ailments are caused by only ten factors, such as blood pressure, cholesterol level and lifestyle. What are your personal risks? Gain insight into your health and risks with the Persoonlijke Gezondheidscheck.



Step 1  
Questionnaire



Step 2  
Checkpoint



Step 3  
Insight



Step 4  
Get started

## How does it work?

The Persoonlijke Gezondheidscheck is a fast and easy way to establish how healthy and vital you really are and what you can do to improve this. It also provides a complete overview of your current lifestyle, blood pressure, cholesterol levels, work-related stress and much more.

You create a personal health environment in which you start with the online questionnaire. You then make an appointment for the checkpoint, where the measurements are carried out for you. Finished everything? Then you can see at once how healthy you are, what your risks are and you get useful tips to get started. Independently or with professional guidance.






## Checkpoint

At the checkpoint a specialist from the Persoonlijke Gezondheidscheck will carry out your labtest and measurements, at your employer's location. A fingerprick for example, to measure your cholesterol and blood sugar.

Curious to know what others thought of the check?  
Check out [persoonlijkegezondheidscheck.nl/referenties](https://persoonlijkegezondheidscheck.nl/referenties)

## Did you know...

-  *An average of nearly one in five working people in the Netherlands is experiencing symptoms of burnout?*
-  *Fat around the abdominal organs produces harmful substances? This in turn increases the risk of developing type 2 diabetes.*
-  *Preventive health screenings help you better understand your health risks and, consequently, prevent cardiovascular disease, diabetes and burnout?*