



ONE LIFE LIVE IT



The “LifeCheck”

“The doctor of the future will give no medicine but interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.” - Thomas Edison



Our premier executive health program, this program provides individuals and families with a medical advocate to offer assistance and support in all aspects of health, wellness and emotional wellbeing over a 12-month period. In this life-changing program, clients receive impeccable, concierge service and an individual One Life Plan.

WHY DO I NEED THIS?

- In 2009/10, the total cost of presenteeism to the Australian economy was estimated to be \$34.1 billion.
- 6.5 working days of productivity are lost per employee annually as a result of presenteeism (productivity that is lost when employees come to work but, as a consequence of illness or other medical conditions, are not fully productive).

Featuring:

- COMPLETE LIFE CHECK HEALTH ASSESSMENT
- IMMEDIATE, 24/7/365 ACCESS TO ONE LIFE PHYSICIANS
- SHORT NOTICE APPOINTMENTS ACCESSIBLE
- FOLLOW-UP TESTING ON ANY ABNORMAL OR HIGH-RISK AREAS
- PRIVATE CONSULTATION WITH OUR REGISTERED EXERCISE PHYSIOLOGISTS AND NUTRITIONISTS
- QUARTERLY ONE-ON-ONE E-HEALTH MEETINGS
- ALL OF YOUR MEDICAL RESULTS AND REPORTS AT YOUR FINGERTIPS
- BLOG ACCESS, RECIPES, SNACK TIPS, FACTSHEETS, NEWSLETTERS
- APPROX 2 HOURS TO COMPLETE
- DELIVERED NATIONALLY IN ONE OF OUR ONE LIFE CLINICS
- REVIEW OF NUTRITION AND EXERCISE BEHAVIOURS AND GOAL-SETTING

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