



Healthy Heart Check

A tracking system to identify and improve the complex relationship of risk factors associated with cardiovascular health and provide early warning to mitigate risk.



Individual data is collected through a series of physical measurements and an online questionnaire reviewing heart health history and lifestyle habits.

Following the onboarding process and a training session individuals are provided a secure private log-in to the Health Hub. From here they are assessed across a wide range of heart health risk factors.

The answers are classified into a red, yellow, green points system and a score attributed for each category. Individuals are able to access information specific to their own risk profiles, goals and objectives.

Education materials are available for the individuals updated as their status changes and a series of tips, actions, targets and positive statements support them in achieving their risk reduction goals.

The Healthy Heart Check presents a profile of the current cardiovascular risk in the individual, groups and overall workforce. Data is private and confidential for the individual, while companies are able to view and analyse aggregated data.

Our unique methods of presenting data not only allows individuals, groups and the company to track progress, but also identify trends and emerging patterns.

Targets can be set for individuals, groups or overall workforce and thereby identify any changes that needs to be managed and monitored.

The ongoing aggregation of data also allows the company to monitor their return on investment, trends, correlations and early indications of any action steps that may need to be taken to mitigate risk.

Key outcomes

Results have shown an improvement across individuals, teams and the company in the measured risk factors and a decrease in the number of absolute risk factors.

Significant improvements were found in the individuals' lifestyle habits.

The analytical methods applied to the data allowed for earlier identification of trends, correlations and projections.

Interventions were tailored to the data presented meaning money is spent exactly where it is required.

The system and communication channels allowed better feedback loops so that individuals, management and the company could track targets, standards and physical performance indicators.



36%

increase in those classified as Low Risk, in just 12 months.*



optimumhms.com.au

OPTIMUM
HEALTH & MANAGEMENT SERVICES

*Based on 2019 data from key client.