



Digital health technology can impart high levels of understanding of current health and empower associates to become activated, preventing chronic illness across the workforce.

# Enabling a data driven approach to associate wellness



## The Challenge

Since 2016, Honda of the UK Manufacturing Ltd., has been working with Full Health Medical to offer their associates access to a pioneering medical assessment programme, aimed at improving associate wellbeing. Honda wanted to give associates greater visibility of their health and empower them to make diet and lifestyle changes where required, to prevent chronic disease.



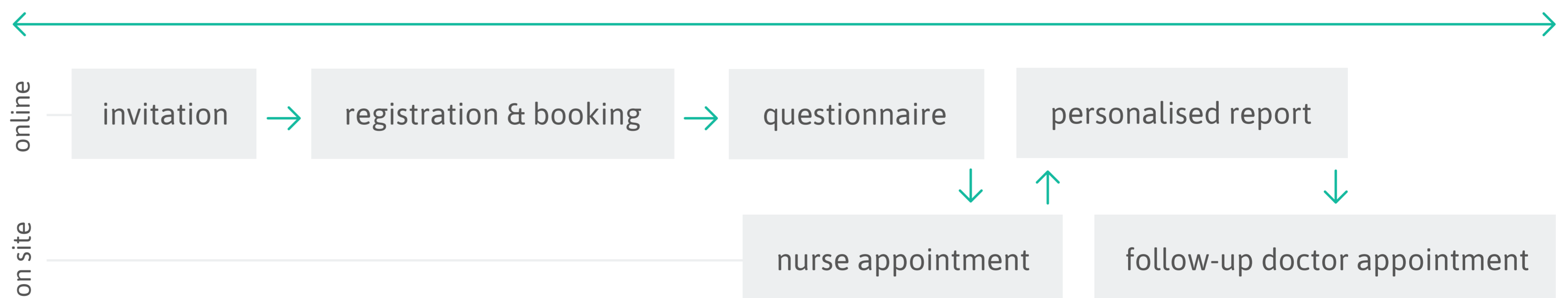
## The Solution

Structured GP led medical assessments coupled with Full Health Medical's digital health platform gave associates simple, understandable and actionable medical insights. The platform's three tier flag system (red, amber and green indicators) provided associates with an immediate overview of their general health and in the three years since the programme began, many have reported making positive health and lifestyle changes.



**90%** Engagement rate

## How It Worked



## Giving Associates a voice

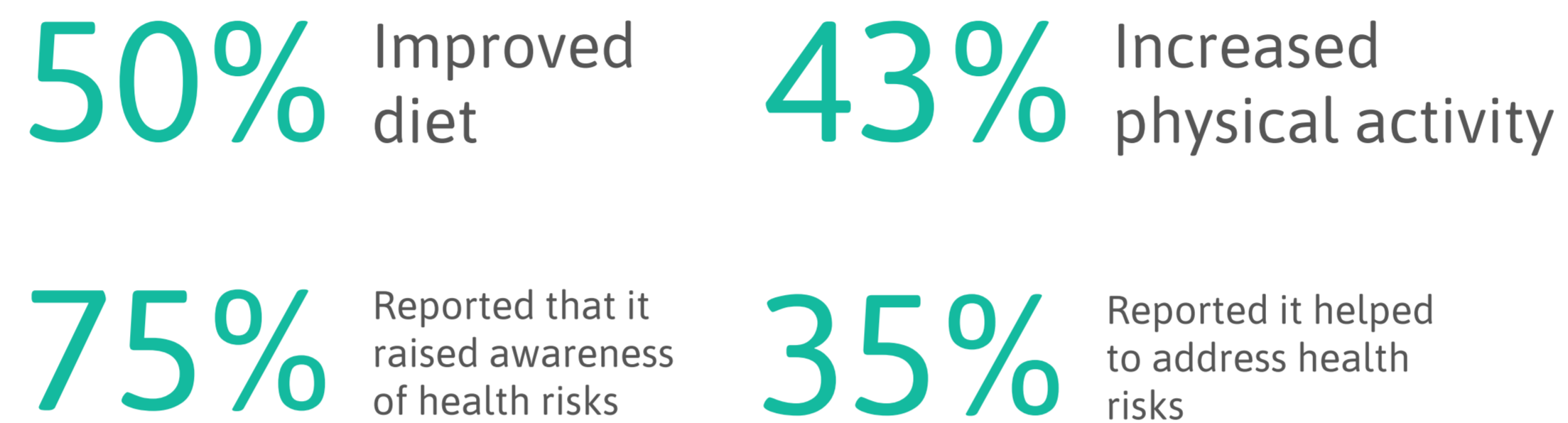
Having received and reviewed medical test results across all three years, the programme also encouraged associates to make suggestions to the company to support them in achieving personal health goals. This in turn boosted workplace morale.

Issues such as healthier canteen meals, sports/fitness clubs discounts and access, better work/personal balance with flexible working patterns and addressing workplace culture were reported and actioned by higher level management.



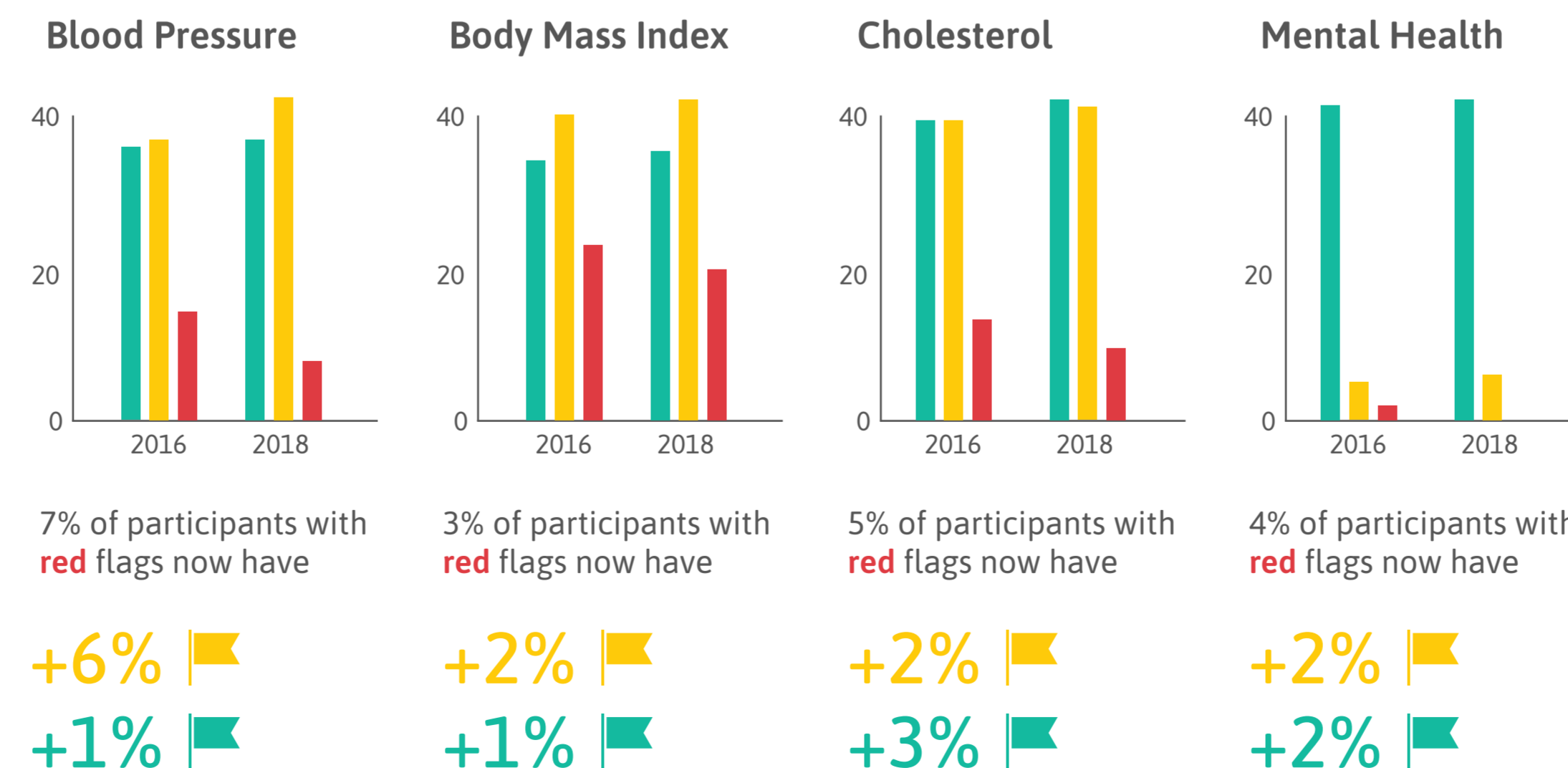
## Results at a glance

Prior to the programme commencing, the top three priorities for Honda associates were reported as diet, exercise and weight loss. In addition, associates wanted reassurance of the current state of their health and the ability to keep monitoring health. Results indicate that Honda associates improved across all three areas and continued to track progress over 3 years.



## Defining programme success

In the three consecutive years results show positive incremental improvements across the workforce in a number of areas. The results show a reduction if not elimination of red indicators across the workforce, proving that health monitoring on a consistent basis is a valuable associate benefit.



## Why Full Health Medical?

*"I gained an understanding of my qualitative and quantitative scores against the various assessments."*

Honda Associate

*"It's a good all round overview of health and lifestyle. It's particularly good to be able to compare results against previous years."*

Honda Associate

*"Our management team rated the Full Health Medical program as both highly efficient and effective. Participation was over 90% and over 60% are actively making changes in their lifestyle as a result."*

Faraz Shoghi, Occupational Health Manager

