



Loretto Housing Association/Loretto Care is a multi sited organisation with 450 staff.

Loretto participates in the Health at Work Scheme which is an accredited scheme run by NHS Health at Work

Loretto has a dedicated Healthy Working Lives Group who have achieved Bronze, Silver and recently the Gold Healthy Working Lives Award. It is also one of the few organisations to hold the Mental Health Commendation Award.

The Healthy Working Lives programme suggests that employees are given the opportunity for a health check that includes a review of lifestyle and the giving of personal health advice. These are one-to-one health promotion opportunities rather than medical screenings.

For the last three years, we have offered our staff an opportunity to have a health check and Dr Steve Conroy has facilitated these for the organisation.

Dr Conroy provided a comprehensive service which included:

- Blood Pressure
- Body Mass Index
- Cholesterol levels
- Blood Sugar levels
- Urine check
- General Health and Wellbeing

He also sent letters to participants detailing their results and provided the organisation with a summary report which has been very useful for our Healthy Working Lives Group to identify issues which we were then able to highlight and promote in our monthly Healthy Working Lives campaigns.

We found the service provided by Dr Conroy to be comprehensive and professional and received very favourable feedback from participants, some of whom had been referred to their GPs for further investigation after receiving their health check.

We tendered for this service and found Dr Conroy to be very competitive.

We would not hesitate to recommend Dr Conroy to other organisations who may require this type of service.

Kathleen McColligan
Healthy Working Lives Coordinator

