

# Premier Occupational Health.



*Premier was established in 1999 as a provider of quality and affordable occupational health and wellbeing services. The business has successfully expanded and is able to boast a prestigious and varied client portfolio representing diverse industries from manufacturing and logistics.*

Employing over 40 members of staff in addition to a vast national network of high quality healthcare professionals Premier OH use **Fitech's V5 wellness software** to produce reports for a significant number of clients including Government bodies, Fire Services and private corporations.

Employees of the organisations are offered Health Screens as part of a Health and Wellbeing programme. Each individual received a personal report detailing information about their health and wellbeing status.

Results are displayed in the popular Fitech traffic light system **Green (OK)**, **Amber (Caution)** or **Red (Attention)** – you may need to refer to your GP or at least undertake a life changing approach). All results are referenced against Norms for age and gender, giving appropriate health improvement advice.

The following health and fitness tests are offered as part of the service:

- Height, Weight, BMI
- BP
- Heart Rate
- Hip waist ratio
- Lung function
- Glucose and
- Cholesterol testing
- Urinalysis
- Custom tests

*"The web-based version of Fitech has significantly improved the ease with which Health and Wellbeing programmes can be delivered and data extracted"*

**Stephen Hayes- Occupational Health Technician**

Four Premier OH staff, which includes trained nurses and sports science graduates working as occupational health technicians, use the system.

The Software is mainly used off site (at the client's facility) through mobile internet connection. As the system is web based more complex group and aggregated reporting can be completed back at the office at a later date.

The group reporting aspect can give the company a good overview of the status of their employees as a whole. This allows the client to Identify potential problem areas and target interventions as appropriate.

*"The system holds data of previous results for comparison enabling the employee to monitor progress"*  
**Stephen Hayes- Occupational Health Technician**

Initially customised fields were added to the software to allow certain data groups to be manipulated. Training on this and how to use the system in general was carried out on the monthly course at Fitech's UK head office in Reading.

### Fitech Solutions

- **Fitech V5 web based system to manage and reports on health data**
- **Physical (includes Lifestyle review); Medical and Group Data Analysis Modules**
- **On line tutorials**
- **Full online support**
- **Training held at Reading HQ**

For more information on Premier and their service visit [www.premierohc.co.uk](http://www.premierohc.co.uk)