



## YOUR COMPANY INVITES YOU TO A «BILAN & CONSEILS SANTÉ» (B&CS)

B&CS (check-up & health counselling) is a cardiovascular risk factors screening test followed by counselling. It lasts 30 minutes and takes place in two phases:

### CHECK-UP:

**Analyses (approx. 15 minutes) include:**

- Capillary blood sample (taken on tip of a finger)
- Cholesterol test (good cholesterol (HDL), bad cholesterol (LDL) and triglycerides).
- Test for diabetes for people over 45
- Blood pressure control
- Weight and size measures
- Waist measurement
- Smoking information (for smokers)
- Comparison with previous check-up results.  
Please take them with you if you still have them.

It is not necessary to fast before these analyses.

B&CS check-up is not recommended during pregnancy.

### COUNSELLING:

**Information and counselling given by a health professional (approx. 15 minutes)**

### B&CS ...

- is an opportunity to get an overall view of your state of health
- is not compulsory
- takes place by appointment
- guarantees that your personal results are confidential and will never be transmitted to your employer

B&CS is a concrete way to become aware of your general state of health and represents an encouragement in favour of healthy behaviours. An important number of cardiovascular accidents could be avoided thanks to an improvement of certain life habits. Indeed, sedentarity, nicotine addiction, weight excess, inadequate eating habits, excessive use of alcohol, are among the variable risk factors of cardiovascular diseases.