



# LEGACY MED

EXECUTIVE MEDICAL ASSESSMENTS

COMPANY PROFILE 2023

[WWW.LEGACYMED.CO.ZA](http://WWW.LEGACYMED.CO.ZA)

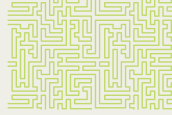


# ABOUT US

Legacy Med is a company that offers executive wellness assessments with the aim of improving individuals' physical and mental health. The company was rebranded in response to the COVID-19 pandemic and the increasing awareness of the importance of health in the workplace.

We believe that investing in your employees' health can benefit both the company and the individual. Research has shown that productivity is linked to physical and mental health. The annual assessments conducted by Legacy Med can provide objective measurements of an individual's health and make personalized recommendations for improvement. This can lead to improved employee morale, work productivity, and reduced absenteeism.

Legacy Med's services include personal, individual assessments conducted by a medical doctor and biokineticist. The assessments comprise a health questionnaire, discussion of laboratory results including blood tests for various health markers, full systemic medical evaluation, body composition and fitness assessment, resting and stress ECG, spirometry for lung function, and review of medications with recommendations for improving health and wellbeing. Each client receives an individual, confidential, personalized report with a summary of the results and recommendations.



OUR PHILOSOPHY TO

# PREVENTATIVE MEDICINE

We believe that preventative medicine is crucial in addressing non-communicable diseases (NCDs) such as heart attacks, strokes, and cancers, which are predicted to be the leading cause of deaths by 2030.

Our company assessments are designed to educate clients on lifestyle risks, screening, and early recognition of pathologies. By conducting these assessments on an annual basis and tracking objective measurements and trends, Legacy Med aims to provide valuable insights into clients' health and promote preventive measures.

In addition to the benefits for individuals, Legacy Med also offers anonymised synopses of a company's well-being for employers. Allowing them to identify specific concerns or trends over time.





WHY IS IT IMPORTANT?

## **BENEFITS TO YOUR COMPANY**

Investing in key employees' health can have a positive impact on a company's long-term sustainability. By identifying and addressing health issues early on, companies can avoid the costs associated with absenteeism, presenteeism, and employee turnover.

Regular medical assessments can also help with succession planning by identifying high-potential employees and developing their skills and knowledge to prepare them for future leadership roles. This can ensure a smooth transition of key positions and maintain business continuity.

Skills transfer among key individuals can also be facilitated by regular medical assessments, as employees can be cross-trained and mentored to share knowledge and expertise. This can create a more collaborative and efficient work environment, increasing productivity and improving morale.

Finally, regular medical assessments can aid in talent development by identifying areas of strength and weakness in employees' health and providing tailored recommendations for improvement. This can increase job satisfaction and engagement, leading to a more motivated and productive workforce.



***“Health is not valued until sickness comes”***

- Thomas Fuller

## WHY IS IT IMPORTANT?

# BENEFITS FOR THE INDIVIDUAL

Undergoing regular health assessments can offer numerous benefits to individuals. These assessments provide a unique opportunity for individuals to gain insight into their own health status, identify potential health risks, and receive personalised recommendations for improvement. By taking proactive measures to improve their health based on the assessment results, employees can experience the following benefits:

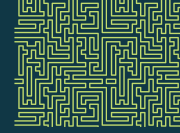
**Improved Health and Well-being:** Health assessments can help individuals identify any existing health issues early on, allowing for prompt intervention and treatment. This can lead to improved physical and mental well-being, reduced risk of chronic conditions, and increased overall health.

**Enhanced Awareness and Self-care:** Health assessments provide individuals with a comprehensive overview of their health status, helping them become more aware of their current health habits and lifestyle choices. This increased awareness can empower individuals to make positive changes in their lifestyle, such as adopting healthier eating habits, increasing physical activity, and managing stress, leading to improved self-care and long-term health outcomes.

**Customized Recommendations for Improvement:** We provide personalised recommendations for improvement based on individual results. These recommendations may include lifestyle changes, preventive measures, and other interventions to address specific health concerns. Having access to such tailored recommendations can guide individuals towards making informed decisions about their health and taking necessary steps to improve their well-being.

**Long-term Health Benefits:** By proactively monitoring their health through regular assessments and making necessary improvements, individuals can potentially reduce their risk of developing chronic conditions such as heart disease, diabetes, and hypertension. This can lead to long-term health benefits, including improved quality of life, increased life expectancy, and reduced healthcare costs.

In summary, health assessments can provide individuals with valuable insights into their health status, personalized recommendations for improvement, and the opportunity to proactively manage their health. These benefits can positively impact an individual's overall well-being, engagement at work, and long-term health outcomes, making health assessments a valuable investment in an employee's health and happiness.



WHAT ARE THEY?

# EXECUTIVE MEDICAL ASSESSMENTS

THERE ARE THREE PARTS TO OUR MEDICALS:

## 1 PRE-CONSULTATION

### Medical questionnaire:

Health history (personal and family)

Work and lifestyle related - physical activity levels, smoking and alcohol intake and work-life balance

Nutritional assessment

Stress and fatigue

Sleep health

### Special investigations

Pathology lab tests: A range of screening blood tests depending on the client's age and risk factors (eg. diabetes, renal, thyroid, prostate, colon cancer, anaemias etc.)

Extra investigations: dependent on occupational risks

## 2 CONSULTATION

### Medical assessment:

The majority of the medical is spent in conversation with a doctor going through the medical questionnaire and special investigation results. This is followed by a head to toe examination.

### Biokinetic assessment:

A clinical evaluation focusing on body composition, cardiovascular fitness, strength and flexibility

**Further investigations:** Resting and Stress ECG, Lung function test

## 3 POST-CONSULTATION

Comprehensive individual report. Given directly to the delegate. These reports are extensive and can be taken to any other medical consultation over the next year. These reports include cumulative yearly data and individual comments from the doctor and biokineticist. If there are any concerning results, referrals are given to client's. If preferred, we can provide a de-personalized group report and risk analysis (only available if >20 clients)



WHAT ARE THE

## **OBJECTIVES OF AN ASSESSMENT?**

- o Establishing the client's baseline health status
- o Identifying undiagnosed chronic illness and risk factors
- o Identifying and addressing unhealthy lifestyle behaviours
- o Tracking how the client's lifestyle habits, health markers and health status change over time
- o Identifying and addressing potential future health risks
- o Providing help and advice on how to best manage the client's current and future health concerns



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