

Your Wellbeing Matters



Spain Occupational Health Checks

Your medical check will align to the health protocol as set by health & safety law and will include medical tests specific to your job role as identified in a risk assessment exercise performed by the health check provider. After confirming your selection to participate, the health check provider will contact you.

The following information will be required by you to complete the health check:

1. You will be required to confirm personal data and employment information such as name, contact details, job role, work environment, length of service in job role and any shift pattern
2. You will be asked to provide supporting medical history that can be referenced during your health check:
 - i. Work medical history (job role history, work accidents, work illnesses)
 - ii. Family medical history
 - iii. Personal medical history (physical habits, health habits, medication, vaccines, allergies)
 - iv. Pathology history

The basic medical check will include a physical examination and analytical tests that include:

- Physical examination:
 - Heart
 - Abdomen
 - Basic instrumental check
 - Biometrics for weight / height
 - Body mass index
 - Blood pressure
 - Vision test
 - Ear health check
- Analytical tests:
 - Analytical tests to determine hematologic or biochemical pathology
 - Basic blood tests:
 - Complete blood count
 - Glucose
 - Cholesterol
 - Triglycerides
 - Uric acid
 - Creatinine
 - SGOT
 - GPT
 - GGT
 - Basic urine test

Changes to basic health check and additional test:

The content of the health check is subject to change depending on the medical criteria. Depending on the results of the risk assessment, your health check may include one or more of the following tests:

- Otolaryngology
- Dermatology
- Cardiology / Respiratory
- Cardiovascular
- Abdominal
- Musculoskeletal
- Specific instrumental exploration by risk:
 - Vision (astigmatism, stereopsis)
 - Hearing test
 - Spirometry based on personal medical history or smoking history
 - Initial and periodic ECG / EKG for those 40+ years old