



FitSense Health Check Comparison Table

	The Mini	Essentials	Healthy Heart	Health Audit	LifeCheck	LifeCheck Executive
Duration	10 min	15 min	20 min	30 min	45 min	60 min
Blood Pressure	✓	✓	✓	✓	✓	✓
Total Cholesterol	✓	✓	✓	✓	✓	✓
HDL Cholesterol				✓	✓	✓
Blood Glucose	✓	✓	✓	✓	✓	✓
Waist Circumference		✓	✓	✓	✓	✓
BMI (Weight & Height)			✓	✓	✓	✓
% Body Fat				✓	✓	✓
Resting Metabolic Rate				✓	✓	✓
CV Risk Score			✓	✓	✓	✓
Diabetes Risk Score			✓	✓	✓	✓
Smoking			✓	✓	✓	✓
Nutrition			✓	✓	✓	✓
Physical Activity			✓	✓	✓	✓
Fitness Test				✓	✓	✓
Coaching & Goal Setting				✓	✓	✓
Sleep Habits					✓	✓
Stress Profile					✓	✓
Alcohol					✓	✓
Core Stability						✓
Flexibility						✓
Strength						✓
Lifting Technique						✓
Participant Health Report	✓	✓	✓	✓	✓	✓
Company Health Report	✓	✓	✓	✓	✓	✓
Follow Up Email	✓	✓	✓	✓	✓	✓
Newsletter Subscription	✓	✓	✓	✓	✓	✓
Follow Up Phone Call					✓	✓
Online Wellness Centre	✓	✓	✓	✓	✓	✓