

WHAT IS A TONIC WELLBEING HEALTH CHECK?

YOUR SNAPSHOT TO BETTER HEALTH

Convenient, confidential health checks bought direct to you at your workplace. **No waiting rooms, no hassle** – just simple, effective health insights that can help prevent future illness, and boost health here and now!

What We Cover:



BP & Heart Rate Check



Waist/Hip Measurements



Bone & Muscle Mass Check



Hydration



Body Composition



Diabetes Check



Cholesterol Check



Stress & Lifestyle Assessments



Wellbeing Pathways



Why Take Part?



Prevention is better than cure.



1-2-1 time with a Tonic practitioner.



Get clear, personalised feedback.



Early detection = early feedback.

From Numbers to Next Steps – **We've Got You!**

Want to know more?

hello@choosetonic.co.uk

www.choosetonic.co.uk

tonic
and me

FOR MORE INSIGHTS, DOWNLOADS, AND
WELLBEING INSPIRATION HEAD OVER TO:
WWW.CHOOSETONIC.CO.UK

