



HEALTH  
IN GEAR



# Truckies Tune Up

## Health Check

Where's your health at?

Do you know your cholesterol level?

What about your blood pressure?

**Book in for a FREE health check and we'll help set your mind at ease, or connect you with the services you may require. We're here to help!**

## What you can expect:

A Truckies Tune Up health check provides you with a quick health assessment while on the job. These health checks take approximately 15-20 minutes and may include:

- + Cholesterol check
- + Blood pressure check
- + Weight measurement
- + Waist measurement
- + Depression awareness
- + Stress awareness
- + Diabetes risk assessment
- + Nutrition check
- + Alcohol consumption
- + Smoking.

 **1800 IN GEAR (1800 464 327)** |  **healthingear.com.au** |  **info@healthingear.com.au**

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