

## Corporate Health Check Info

Organisations can opt to cover the full cost of the health checks or offer staff members a subsidised health check.

Normally each employee will have a 30 minute one-to-one consultation with a medical professional. However this can be tailored to company requirements and in some cases a company could choose a blood test only health check. Additional blood tests can also be included on request.

We provide tailor-made health screening programmes to match the needs of your employees. Whether your company is a team of three or two hundred, we can provide the necessary medical services.

The IFPA's supportive and professional team provides the highest possible care in a comfortable and personal environment.

## Contacting an IFPA Clinic in Dublin

IFPA CATHAL BRUGHA ST  
5–7 Cathal Brugha Street,  
Dublin 1  
T: 01 872 7088

IFPA TALLAGHT  
Level 3, The Square, Tallaght,  
Dublin 24  
T: 01 459 7685

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INFO@IFPA.IE



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FOR INFORMATION AND COSTS  
YOU CAN CONTACT IFPA CLINIC  
ADMINISTRATORS:  
CATHAL BRUGHA ST: (01) 872 7088  
TALLAGHT: (01) 459 7685

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With today's busy lifestyles, finding the time to visit a doctor can be difficult, but it's important for people to continue to pay attention to their health. At the Irish Family Planning Association (IFPA) we provide professional and confidential health check services to companies and organisations.



## Corporate Health Check for Women

The IFPA has provided health care services for women since we were first established in 1969. Our health check for women has been developed to ensure that the key areas of a woman's general and sexual health are checked on an annual basis.



## Corporate Health Check for Men

The IFPA has a strong track record in providing high-quality health services for men. We wish to minimise health risks associated with male health problems. An annual health check can help men live a positive and healthy lifestyle.

**MEN AND WOMEN'S HEALTH CHECK APPOINTMENTS WILL BOTH TAKE APPROXIMATELY 30 MINUTES**

The IFPA understands that your employees are your most important resource. Providing staff with an annual health check shows your commitment to their well-being and provides them with the reassurance and confidence to get on with their lives.

Our health checks are designed to give employees an overview of their health and lifestyle without the need to take a leave of absence from work.

Health checks can be carried out at your company if appropriate facilities exist or at either of the IFPA's two clinics in Dublin (City Centre or Tallaght).

The IFPA's health checks are comprehensive one-to-one consultations with an experienced medical professional and can be tailored to meet company requirements.



## What is included in a Woman's Health Check?

- Discussion on the strengths and weaknesses of current lifestyle and family medical history
- Blood pressure measurement
- Body mass index
- Breast examination
- Urine analysis
- Cholesterol & lipids
- Glucose
- Kidney function
- Liver function
- Full blood count
- Cervical smear (if due)
- Time for any questions an employee may have concerning their health

## What is included in a Man's Health Check?

- Discussion on the strengths and weaknesses of current lifestyle and family medical history
- Blood pressure measurement
- Body mass index
- Testicular examination
- Urine analysis
- Cholesterol & lipids
- Glucose
- Kidney function
- Liver function
- Full blood count
- Prostate specific antigen (if appropriate)
- Time for any questions an employee may have concerning their health