



## Build a healthy & dynamic workforce that helps your organisation thrive

Employee health and mental wellbeing matters more than ever. To truly build a more resilient and dynamic workforce, organisations are investing in their employees' health and mental wellbeing.

Not all health screens are created equal. A broad and deep screen, accompanied by lifestyle assessments and health coaching, are essential for monitoring health status, detecting potential health issues early on, and taking proactive measures to optimise your health and prevent the onset of chronic disease.

**Be.Active**, **Be.Energised**, and **Be.Dynamic** – our three tier health optimisation programmes are designed to build the healthiest version of your workforce.

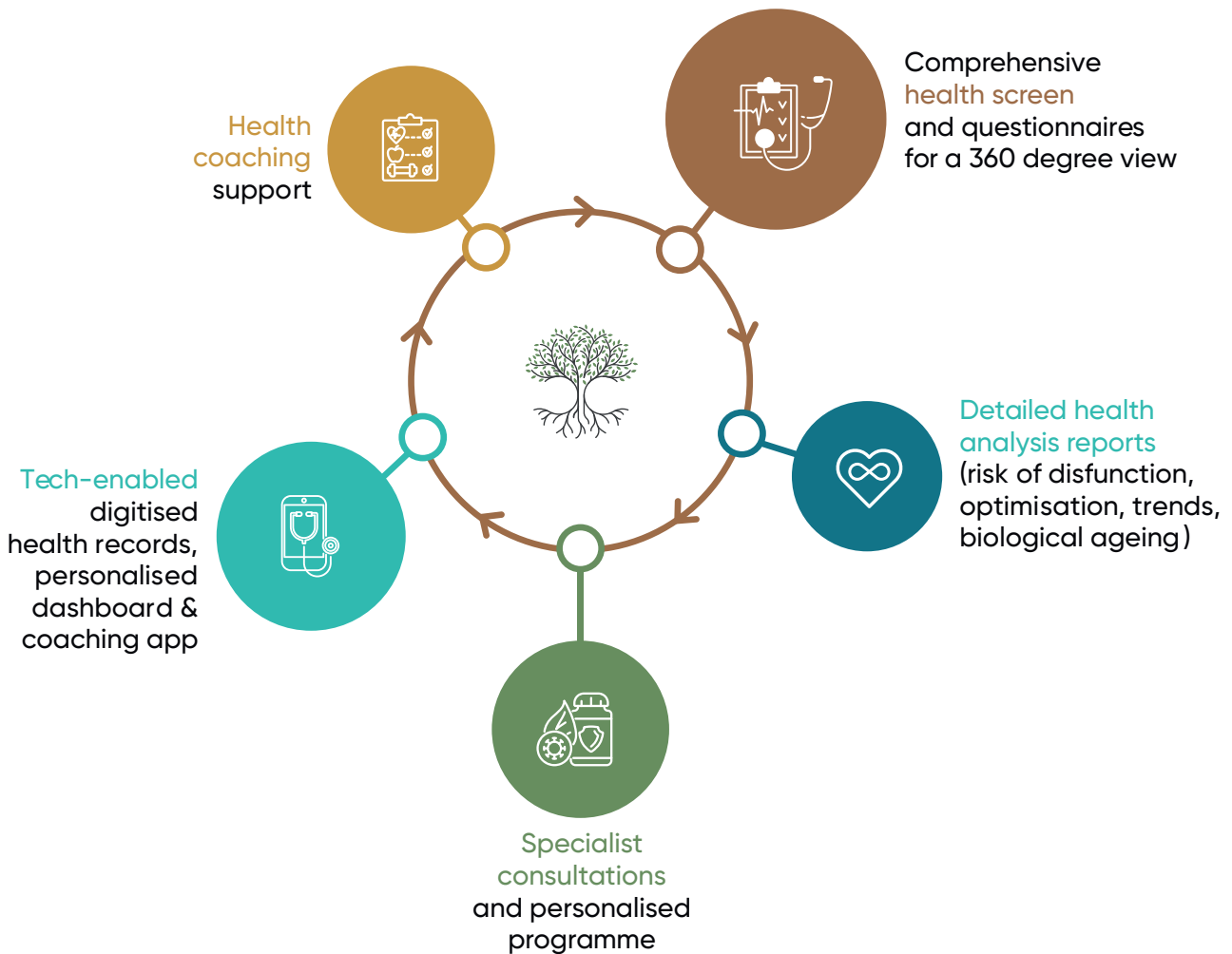
Programme duration: 6 months	Be.Active	Be.Energised	Be.Dynamic
Comprehensive health screen includes the following profiles for: Blood health (haematology), blood sugar levels (diabetic risk), bones & joint health, cardiovascular markers (heart disease risk), kidney function, iron markers (anaemia), thyroid health, liver function, cancer markers, urine analysis, other nutritional profiles. All results are reviewed by a doctor.	✓	✓	✓
Physical tests include: Height & weight measurements, body mass index (BMI) & waist circumference, body fat analysis, blood pressure, visual acuity, resting ECG, and lung function	✓	✓	✓
Comprehensive physical and mental health questionnaires	✓	✓	✓
Healthy ageing reports: blood chemistry analysis, body systems analysis, and chronological vs biological age	✓	✓	✓
Personalised health analysis and optimisation programmes	✓	✓	✓
Consultations with a senior healthcare professional	✗	1 session, 60 minutes	2 sessions, 60 minutes each
Recommended specialist testing, if required	✗	✓	✓
Recommended premium quality supplements, if required	✗	✓	✓
Digitised health record & personalised health dashboard	✓	✓	✓
Consultations with a certified health coach	✗	6 sessions, 30 minutes each	12 sessions, 30 minutes each
Health optimisation programme delivered by our coaching app	✓	✓	✓
	<b>\$895</b> (\$5/day)	<b>\$1175</b> (\$6.50/day)	<b>\$1450</b> (\$8/day)

# Health optimisation with Chi Tree Health

Chi Tree Health is a leading provider of preventative health services, aimed at optimising workforces and individuals, treating the whole person, not just the symptoms of an illness. Offering Singapore's first longevity-led health screen, diagnostics, diet, exercise, mental wellbeing and lifestyle assessments, we make health transformations attainable.

Our multidisciplinary team of longevity and health experts, dietitians, organisational psychologist, and health and wellness coaches offer a precise and personalised journey to sustainable better health. Start adding quality years to your life. Live healthier, better, and longer with Chi Tree Health.

- 01** Support a culture of care
- 02** Optimise employee health
- 03** Increase productivity, reduce absenteeism
- 04** Deliver cost savings
- 05** Improve talent acquisition & retention
- 06** Advance ESG goals



## Contact Chi Tree Health



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