



**PAUL K EHREN**

Health, Exercise & Nutrition Consultant



# Integrated Health Report

**eQ** traders

[paulkehren.co.uk](http://paulkehren.co.uk)



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## Employee Information

### Our aims

We will provide you with the tools to take control of your own health, both now and in the future.

Incidences of various metabolic diseases – Diabetes, Obesity, Cancers, Dementia, Cardio Vascular Disease and the consequences of these conditions are becoming more and more prevalent. Many people are living the last 10, 15 or 20 years of their life in a disease state.

Many of these conditions are preventable and we can work with you to make informed decisions about your health and well being that will give you the best opportunity to live a full robust energetic life well into your 70's 80's and beyond.

EQ Traders are a dynamic young company with an exciting future in front of them. We want you to share the rewards of your efforts in participating in this success without the negative health consequences that can be seen elsewhere.

Our vision is to confirm EQ Traders as not only one of the leading Investment houses in the UK but also the company that employs the healthiest, most efficient Traders in the country.

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## What we provide

You will receive an initial questionnaire that will allow us to analyse your current and past health status, your family health history, your current nutrition habits and your exercise/activity history.

A full, comprehensive, personalised health screen will be carried out by the Phoenix Hospital Group (PHG), a leading private medical provider based in Harley Street, West London.

A choice of packages is available:

- Health Essential
- Health Essential Plus
- Health Complete Male/Female

Specialised addition tests i.e. Sexual Health

Please see appendix A for full details – our recommendation is that Senior Traders and Executives will opt for the Health Complete and Trading staff will utilise the Health Essential Plus.

Each package will commence with a consultation with an experienced PHG doctor who will ensure that the tests carried out are relevant and personalised to your requirements.

We have also negotiated with PHG that the nature of your job is taken into full account and a work/life stress assessment is available to all employees.

The test results and recommendations made by PHG will be used in combination with the information provided on the questionnaire and subsequent consultation to enable us to provide fully bespoke, personalised suggestions with regards your nutrition, exercise, activity and lifestyle.

**NB – None of your personal information will be shared with any third party, including EQ Traders, without your express permission.**

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## After the assessment

A full ongoing after care service is available with regular follow ups scheduled to meet your requirements.

- We will be available by phone or email to answer any on going questions on any aspect of your health, diet or exercise.
- A dedicated WhatsApp group is available for you to ask questions and/or share information with us and your co-workers.
- A private/closed status Facebook page is available as a forum to discuss all matters relating to health and fitness.

It is our aim to help you become the healthiest most efficient traders in the country with a view to maximising your rewards from EQ Traders and allowing you and your family to benefit from this success with optimal health.

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