Workplace health, wellbeing and inclusive employment

Thrive at work
Oxfordshire

Health MOTs

Help your employees to take the first step to better health



Healthium Clinics

OXFORDSHIRE COUNTY COUNCIL

We all know health matters

But when life gets busy, check-ups and small changes can easily slip down the list.

That's where the Health MOT comes in.

It's a quick, confidential and supportive health check delivered on your premises – helping employees and people from your local communities understand their health a little better and access advice before small issues become bigger ones.



We're mobile – we come to you

We know not everyone finds it easy to visit a GP or access support services.

That's why the Health MOT service is designed to be mobile, bringing simple checks and friendly advice directly into workplaces and community settings.

The service includes:

1. Quick checks like blood pressure and Body Mass Index (BMI).
2. Supportive conversations on topics such as smoking, alcohol and mental wellbeing.
3. Advice and signposting to local services and support.
4. Wider conversations about physical, mental and emotional wellbeing.

All free of charge

How it works:

Step 1
Register your interest.

Step 2
Work with the team to agree a suitable date, space and arrangements.

Step 3
Promote the Health MOT to your employees and communities using ready-made wording and materials.

Step 4
Employees attend short, confidential appointments during the working day.

Step 5
They receive friendly advice and signposting to further support where needed.

Step 6
Your organisation helps make wellbeing easier, more visible and more practical.



Is it right for your workplace?

If you want to support the health and wellbeing of employees or local people in a simple, practical way, Health MOTs can help.

The service is designed to be accessible, supportive and easy to take part in – helping people take small steps that could make a big difference.

Why invest time in workplace wellbeing?

By offering something practical and meaningful to support wellbeing, you're helping to:

1. **Support early action.**

2. **Increase awareness and access of support services.**

3. **Promote a positive wellbeing culture.**

4. **Support attendance and productivity.**

5. **Improve your reputation as a responsible employer.**

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Register your interest today!



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