

Bringing NHS Health Checks into Wakefield workplaces

A service spotlight

NHS Health Checks are a national prevention programme to identify the risk of heart disease, stroke, kidney disease, type 2 diabetes and dementia. Programme aim:

- Reach working-age adults, including under-40s, who did not respond to standard GP invitations
- Remove access barriers by offering checks in people's workplaces during their normal day
- Support work retention and productivity in businesses with higher levels of health need
- Priority groups: men aged 40–60, routine and manual roles, staff in higher-deprivation areas, adults aged 25+ in high-risk workplaces.



Get in touch if you're interested in NHS Workplace Health Checks for your organisation

wjicb-wak.gpcwhealthpromotion@nhs.net

Over 33 days, we delivered 439 NHS Workplace Health Checks across the Wakefield district. Funded by Wakefield Council through the Government's Health and Growth Accelerator Programme, the pilot took preventative healthcare into workplaces, enabling earlier intervention and helping people stay healthy and in work.



What we did

- set up a dedicated workplace health checks team
- built a digital booking pathway
- created a robust clinical process tailored to workplace settings



Onboarding process

We worked with Wakefield Council, We Are Wakefield and local authority colleagues to identify suitable employers - Prioritised businesses with high proportions of routine/manual jobs and those based in, or recruiting from, communities experiencing inequalities. Also attended the Wakefield Expo offering health checks to delegates.

11 workplaces onboarded

Sectors reached:



Estates/
heritage



Manufacturing



Logistics



Education



Hospitality



Transport

Digital booking, appointment and results

1

Register interest
Sign up on a quick online form

2

Booking link by SMS
A text with a link to book.

3

Pick a time
Slots that fit around work.

4

Event day on site
The GP Care team arrives.

5

Checks & bloods
Measurements + a small blood sample.

6

Results shared
Staff get a copy; GP too, with consent.



- Results flag risk of heart disease & stroke, diabetes and other areas.
- Patients are signposted to any support they need

The workplace health check

- Sessional nurses and HCAs delivered full NHS Health Checks in meeting rooms and other suitable spaces at each workplace.
- Whole process supported by a Health Promotion Service Lead.
- Forty-minute appointments included blood pressure, height, weight, BMI, waist measurement, point-of-care blood tests (cholesterol and HbA1c where indicated), lifestyle assessment and a QRISK2 cardiovascular risk score.
- Patients left with a clear explanation of their results, personalised advice, a results card, and for Wakefield-registered patients, a coded summary shared with their GP, with urgent GP escalation arranged where needed.

Referrals and onward support

The check acted as a gateway into lifestyle and employment support. Patients were offered direct referral into stop smoking services, alcohol support, physical activity and weight management programmes, as well as employment support where health affected work

- **90** High BPs identified (>140/90)
- **9** Qrisk2/CVD risk >20% (used to measure risk of developing cardiovascular disease) - all offered appointments with GP
- **28** Smokers - all offered Smoking Cessation referral
- **132** BMI >30 - all offered referral to weight management
- **97** identified as inactive all offered referral to Physical activity programme

High number of our workplace healthchecks identified modifiable risks, and many participants moved straight into lifestyle support.

Clinical impact

The pilot delivered strong clinical results for a relatively small number of checks. High blood pressure and raised cardiovascular risk were common and often previously undetected, while referrals into lifestyle services created opportunities to reduce longer-term demand on the health and care system.

Experience and feedback

Patient feedback was highly positive (based on responses from 73 attendees)

98.6%

rated the service and booking as good/very good

97.3%

said their results were explained clearly

67.9%

unlikely to visit their GP if the check had not been offered at work

84.9%

felt supported to remain in work following their NHS Workplace Healthcheck

What the 11 businesses told us:

100%

rated the service as good/very good

100%

likely to recommend to other businesses



"Very efficient professional service - very well received by staff. I hope to be able to use your services again"



"Brilliant. Can't fault it. Everyone was so complimentary about it"

Patient story

Rod at The Nostell Estate

Rod, a member of the maintenance team at The Nostell Estate, booked a health check because it was convenient to do it at work and he hadn't seen a doctor in years. During his appointment, his blood pressure was found to be dangerously high despite having no symptoms. He was urgently referred for same-day assessment and ongoing treatment, which he believes has saved his life.

His experience has helped other local businesses see workplace health checks as a serious safety-critical intervention, not just a wellbeing extra.

Since then, Rod has had multiple follow-up appointments, started medication, and is undergoing further tests to improve his health. What's most surprising is that Rod had no symptoms at all. High blood pressure is often called "the silent killer" because it gives no indication that something is wrong.

Other patient stories:



- a 40-year-old man who had lost contact with services for a heart condition was fast-tracked back into GP care and given support to reduce his risk factors



- a woman worried about memory problems was reassured and given information about perimenopause to discuss with her GP



- a 35-year-old woman struggling with weight was signposted to specialist services and national support programmes



- a 28-year-old man was supported to address harmful alcohol use and linked into community services



- a 49-year-old man at high risk of diabetes was identified and referred for further testing and prevention support

What happens next?

On the strength of the pilot, Conexus has been asked to deliver 560 NHS Workplace Health Checks in 2026–27. Learning from the pilot has helped us to improve business engagement, digital pathways and template design to reach more high-need workplaces while maintaining clinical quality.

Contact us

To find out more about this project, contact wjicb-wak.gpcwhealthpromotion@nhs.net

We would also like to hear from you if your workplace could benefit from our Healthchecks during 2026/2027.

Visit: conexus-healthcare.org for more information.

Our thanks



We would like to thank all our staff who were involved with the delivery of this project.

A special mention also needs to go to We Are Wakefield who helped us make contacts and build networks across the Wakefield District. Our presence at Wakefield Expo also paid dividends.