



Quality Health Care Through Prevention



THE FOLLOWING BUSINESS FUNCTIONS ARE REPRESENTATIVE OF THE SERVICES THAT WE OFFER:

HEALTH ASSESSMENTS

- EXECUTIVE MEDICINE
- E-HEALTH CHECK
- DATA ANALYSIS
- HEALTH ASSESSMENTS
- WINTER WELLNESS

SKIN CANCER SCREENING

- SIASCOPE
- LUMIOSCOPE
- EDUCATION
- DATA ANALYSIS

VACCINATIONS

- INFLUENZA
- TRAVEL MEDICINE
- HEPATITIS
- TRAVEL KITS

HEALTH PROMOTION

- FITNESS CLASSES
- NEWSLETTERS
- E-HEALTH
- WORKSHOPS
- GYM MANAGEMENT
- POSTERS

INJURY REHABILITATION & PREVENTION

- GYM MEMBERSHIP
- PILATES
- BACKCARE
- PROGRAMMING
- ERGONOMICS
- EXERCISE REHABILITATION

Application & development of individualised health services for the workplace and clinical environments

Echelon Health is a national provider of transportable health services focusing on Health & Wellbeing in the workplace. Echelon Health can individualise a "Preventative Health Strategy" either clinic or worksite based to suit the clients needs.

Let Echelon Health provide for all your needs when it comes to preventative health care strategies. Invest in a Health & Wellbeing program for your company and enjoy the benefits of healthier and more productive employees.



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Detect Melanomas Early

Are your staff at risk from the sun?

This is a great service for employees that work outdoors, and an excellent opportunity for employers to demonstrate their duty of care.

Melanoma is the most dangerous and aggressive type of skin cancer. It can grow anywhere on the body – not just in areas that are exposed to the sun. Everyone in Australia is at risk of developing skin cancer due to high levels of UV radiation throughout the year.

The good news is that more than 90% of skin cancers can be successfully treated if detected early.

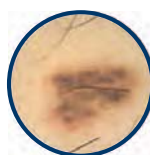
Echelon Health utilises SIAscope imaging to perform non-invasive melanoma screening. Our practitioners hold certification in Primary Care Skin Cancer Medicine and Dermoscopy, through the University of Queensland Medical School and have had specific training applying the Australian Scoring System for the accurate identification of pigmented skin lesions.

The full body assessment is approximately 15 minutes in duration, during which our practitioner will discuss the individuals' personal & family history and any skin concerns. The full body screen will require removal of clothing, except underwear. If there are any suspicious lesions they will be scanned by the SIAscope, which produces a SIAgraph of the lesion. This will help the practitioner to determine if any abnormalities are present. Depending on the outcome of the SIAgraph, or the extent of risk factors, the individual may be referred to a clinic or their regular treating GP for further management. The individual alone is responsible for following through with any referral.

Invented in the UK, SIAscopy is a non-invasive technique that can view 2mm below the surface of the skin. It creates sub-surface skin maps of different skin components including haemoglobin, melanin, dermal melanin and collagen, such as those shown below. This means that instead of a practitioner relying on their judgement of the surface image to decide whether a dark patch on the skin is a normal mole or skin cancer, the scans provide further information to assist in a more accurate diagnosis. This means a reduction in the removal of normal lesions which often result in unnecessary scarring.

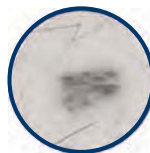
Individuals can book to come to our clinic to undergo a melanoma screen and corporations can have groups of employees screened at their workplace.

Sample views from the SIASCOPE



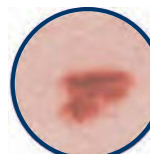
An example of a Colour View.

This is a dermoscopy view of the skin. It is at very high resolution which means that the red, green and blue pixels are registered as with a 3CCD camera.



An example of a Total Melanin View.

The darker areas have a higher concentration of melanin. In melanocytic lesions, the outline of a lesion can generally be seen.



An example of a Blood View.

Darker red areas have a higher concentration of haemoglobin in the papillary dermis. Thus haemangiomas generally have a much darker blood view than melanocytic lesions.



An example of an Involvement View.

Broadly speaking, deeper lesions will have more dermal melanin. The different colours are as follows:

- White: no melanin in the dermis
- Blue: higher level of melanin in the dermis
- Green: lowest level of melanin in the dermis
- Red: higher level of melanin in the dermis
- Black: level of melanin too high to measure



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Premium Plus Assessment

This assessment is aimed at protecting the health of the decision makers in your company. Executives who put their health on the back burner while focusing on their career may be overlooking key health risk factors that could affect their long term career goals.

This assessment is suited to individuals over 40 years, or those with family history concerns who would like the most comprehensive assessment available.

Assessment Details

Pathology

Pathology will include:

- Full lipid profile (cholesterol, HDL, LDL, VLDL, triglycerides)
- Blood coronary risk ratio
- Blood glucose (diabetes screen)
- Liver function
- Kidney function
- Full Blood Count
- Full Iron (females only)
- Prostate Specific Antigen (males over 45 yrs)
- Uric Acid
- Thyroid Stimulating Hormone

Pathology is performed by a clinical pathology service. Individuals are required to attend one of the conveniently located centres a minimum of 4 days prior to their assessment.

Medical Questionnaire

The questionnaire will include:

- Full lifestyle evaluation including physical activity and nutrition
- Full medical questionnaire
- Current and past medical conditions

Individuals are required to complete the questionnaire and bring to their assessment.

The Premium Plus Assessment is approximately 3.5 hours in duration and is scheduled as follows:

Physical Examination (30 minutes)

Coronary Risk

- Height, weight, waist/hip ratio
- Body composition (bioelectrical impedance)
- Blood pressure
- Resting heart rate

Injury Prevention

- Abdominal strength & endurance
- Grip strength
- Postural & Flexibility analysis

General Health

- Lung Function (Spirometry)
- Distance vision screen

Medical Examination (45 minutes)

- Doctor consultation
- Medical / lifestyle evaluation
- Vision, Ears, Mouth
- Respiratory System
- Cardiovascular System
- Skin Check
- Spine Evaluation
- Bowel Cancer Screening Kit

Heart Evaluation (30 minutes)

- Resting electrocardiogram (ECG)
- Maximal stress test (exercise) ECG

Radiology

Chest X-ray (15 - 30 minutes)

*Bone Densitometry (not included in standard pricing)

*Mammography (not included in standard pricing)

Results Consultation (1 hour)

(conducted 1 week post assessment)

The results consultation will include:

- One-on-one consultation with our Exercise Physiologist
- Nutrition evaluation, exercise prescription and lifestyle recommendations
- Case management and referral (medical and musculo-skeletal issues)

Individuals will receive a comprehensive personal health and lifestyle management report outlining key risk areas, as well as details on how they are able to access their personalised, ongoing web based support including goal setting, E-Newsletter & access to current health, safety, and wellbeing resources.



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Premium Assessment

The Premium assessment is our most popular clinic based assessment. Perfect for busy executives or individuals concerned with addressing key health risk areas.

This assessment is suited to individuals over 30 years.

Assessment Details

Pathology

Pathology will include:

- Full lipid profile (cholesterol, HDL, LDL, VLDL, triglycerides)
- Blood coronary risk ratio
- Blood glucose (diabetes screen)
- Comprehensive liver function
- Comprehensive kidney function
- Full Blood Count
- Full Iron (females only)
- Prostate Specific Antigen (males over 45 yrs)
- Uric Acid

Pathology is performed by a clinical pathology service. Individuals are required to attend one of the conveniently located centres a minimum of 4 days prior to their assessment.

Medical Questionnaire

The questionnaire includes:

- Full lifestyle evaluation including physical activity & nutrition
- Full medical questionnaire
- Current and past medical conditions

Individuals are required to complete the questionnaire and bring to their assessment.

The Premium Assessment is approximately 2.5 hours in duration and is scheduled as follows:

Physical Examination (30 minutes)

Coronary Risk

- Height, weight, waist/hip ratio
- Body composition (bioelectrical impedance)
- Blood pressure
- Resting heart rate

Injury Prevention

- Abdominal strength & endurance
- Grip strength
- Postural & Flexibility analysis

General Health

- Lung Function (Spirometry)
- Distance vision screen

Medical Examination (30 minutes)

- Doctor consultation
- Medical / lifestyle evaluation
- Vision, Ears, Mouth
- Respiratory System
- Cardiovascular System
- Skin Check
- Spine Evaluation

Heart Evaluation (30 minutes)

- Resting electrocardiogram (ECG)
- Maximal stress test (exercise) ECG

Results Consultation (1 hour)

(conducted 1 week post assessment)

The results consultation will include:

- One-on-one consultation with our Exercise Physiologist
- Nutrition evaluation, exercise prescription and lifestyle recommendations
- Case management and referral (medical and musculo-skeletal issues)

Individuals will receive a comprehensive personal health and lifestyle management report outlining key risk areas, as well as details on how they are able to access their personalised, ongoing web based support including goal setting, E-Newsletter & access to current health, safety, and wellbeing resources.



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Executive Express Assessment

For those time poor executives that do not have between 2.5 – 3 hrs to complete an assessment the executive express assessment will meet your needs.

Assessing Heart Risk (resting ECG,Cholesterol), Prostate, Bowel Cancer, Diabetes, stress, muscular strength and endurance, flexibility and paramedical from a nurse. This assessment will highlight your risk factors and deliver it within 45mins.

The Assessment will also include an Extensive Medical and Lifestyle Questionnaire, detailed Blood Analysis, Posture & much more.....

All of this will be completed within your office. (Including bloods)

This assessment is suited to individuals over 30 years.

The Executive Express Premium Assessment is approximately 45minutes in duration and is scheduled as follows:

Assessment Details

Pathology (5minutes)

Pathology will include:

- Full lipid profile (cholesterol, HDL,LDL, VLDL, triglycerides)
- Blood coronary risk ratio
- Blood glucose (diabetes screen)
- Comprehensive liver function
- Comprehensive kidney function
- Full Blood Count
- Full Iron (females only)
- Prostate Specific Antigen (males over 45 yrs)
- Uric Acid

Pathology is performed by a certified pathology service.

Medical Questionnaire (5 minutes)

The questionnaire includes:

- Full lifestyle evaluation including physical activity and nutrition
- Full medical questionnaire
- Current and past medical conditions

Physical Examination (30 minutes)

Coronary Risk

- Height, weight, waist/hip ratio
- Body composition (bioelectrical impedance)
- Blood pressure
- Resting heart rate

Injury Prevention

- Abdominal strength & endurance
- Grip strength
- Postural & Flexibility analysis

General Health

- Lung Function (Spirometry)
- Distance vision screen
- Medical / lifestyle evaluation
- Vision, Ears, Mouth
- Respiratory System
- Cardiovascular System
- Skin Check
- Spine Evaluation

Heart Evaluation (5 minutes)

- Resting electrocardiogram (ECG)

Optional Results Consultation (45 minutes)

(conducted 1 week post assessment)

The results consultation will include:

- One-on-one consultation with our Nurse
- Nutrition evaluation, exercise prescription and lifestyle recommendations
- Case management and referral (medical and musculo-skeletal issues)
- Online results

Individuals will receive a comprehensive personal health and lifestyle management report outlining key risk areas, as well as details on how they are able to access their personalised, ongoing web based support including goal setting, e-Newsletter & access to current health, safety, and wellbeing resources.



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Health Risk Assessment

For companies looking to improve health and safety in the workplace, this transportable assessment will identify key health risk areas and provide individuals with a thorough musculo-skeletal assessment, body composition, pathology analysis and risk evaluation for injury and cardiovascular disease.

Employers may also elect to receive a company report providing detailed statistics on organisational trends and concerns, whilst maintaining employee confidentiality.

The Health Risk Assessment begins with an initial pathology assessment followed two weeks later by physical testing and results consultation in the work place. The Health Risk Assessment is 1.5 hours in duration and up to 10 participants may be scheduled per day.

Assessment Details

Pathology

Pathology will include:

- Full lipid profile (cholesterol, HDL, LDL, VLDL, triglycerides)
- Blood coronary risk ratio
- Blood glucose (diabetes screen)
- Comprehensive liver function
- Comprehensive kidney function
- Full Iron (females only)
- Prostate Specific Antigen (males over 45 yrs)

A clinical pathology representative will come to your workplace to perform the blood testing.

Medical Questionnaire

The questionnaire will include:

- Full lifestyle evaluation including physical activity and nutrition
- Full medical questionnaire
- Current and past medical conditions

The questionnaires will be distributed at the time of blood testing and participants will be required to complete and bring to their assessment.

Echelon Health will send two staff to your workplace to perform the assessments.

Each assessment will include:

Physical Examination (45 minutes)

Coronary Risk

- Height, weight, waist/hip ratio
- Body composition (bioelectrical impedance)
- Blood pressure
- Resting heart rate
- Cardiovascular Fitness assessment (3 min step test)

Injury Prevention

- Abdominal strength
- Grip strength
- Postural & Flexibility analysis

General Health

- Lung function (Spirometry)
- Distance vision screen

Results Consultation (45 minutes)

The results consultation will immediately follow the physical testing and will include:

- One-on-one discussion with our exercise physiologist
- Nutrition evaluation, exercise prescription and lifestyle recommendations
- Case management and referral (medical and musculo-skeletal issues)
- Comprehensive personal health and lifestyle management report



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Premium e- Health Assessment

This web based assessment offers your staff the opportunity to participate in a confidential assessment addressing the key risk factors of cardiovascular disease, diabetes and injury, as well as the ability to access web based support including goal setting and the latest resources and newsletters.

e-Health works by profiling employees according to their health and lifestyle interests and risks. Once an employee has been profiled, personalised information and health tips – ‘health bytes’ – are emailed to the employee fortnightly. All information provided is compiled from the most up-to-date evidence based research.

The Premium e-Health Assessment begins with an initial pathology assessment followed two weeks later by physical testing and results consultation in the work place. The Premium e-Health assessment is 40 minutes in duration and up to 20 assessments may be scheduled per day.

Assessment Details

Pathology

Pathology will include:

- Full lipid profile (cholesterol, HDL, LDL, VLDL, triglycerides)
- Blood coronary risk ratio
- Blood glucose (diabetes screen)

A clinical pathology representative will come to your workplace to perform the blood testing.

Medical Questionnaire

The questionnaire will include:

- Lifestyle evaluation (diet, physical activity)
 - Current and past medical conditions
 - Comprehensive medical questionnaire
- The questionnaire will be distributed at the time of blood testing and participants will be required to complete and bring to their assessment.

Echelon Health will send 1 -2 staff to your premises to conduct the Premium e-Health assessments. Each assessment will include:

e-Health Assessment (40 minutes)

Coronary Risk

- Height & weight
- BMI & waist/hip ratio
- Blood pressure
- Resting heart rate
- Cardiovascular Fitness assessment (3 min step test)

Injury Prevention

- Flexibility analysis

General Health

- Lung function (Spirometry)
- Nutrition

Results Consultation

The results consultation will immediately follow the physical testing and will include:

- One-on-one discussion with our exercise physiologist
- Nutrition, exercise and lifestyle recommendations
- Referral for key medical issues

Following the assessment each participant will receive a web based report outlining key risk areas, as well as details on how they are able to access their personalised, ongoing web based support including:

- Goal setting and health tracking
- e-Newsletter
- Access to current health, safety, and wellbeing resources.



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e-Health Check

This popular web based health check provides your staff with a snapshot of their current health status, as well as the ability to access web based support including goal setting and the latest resources and newsletters.

This check is perfect for organisations seeking to provide a baseline test for staff involved in Workplace Wellness Programs, or for organisations catering for large groups of employees.

The e-Health Check is 20 minutes in duration and up to 40 assessments may be scheduled per day.

Assessment Details

Point of Care Pathology

Pathology will include a non – fasting finger prick blood test including:

- Total cholesterol
- Blood glucose (diabetes screen)

Echelon Health will send 1 – 2 staff to your premises to conduct the physical assessments. Each assessment will include:

e-Health Assessment (20 minutes)

- Health & lifestyle questionnaire
- Height & weight
- BMI & waist measurement
- Blood pressure
- Resting heart rate

Results Consultation

The results consultation will immediately follow the physical testing and will include:

- One-on-one discussion with our exercise physiologist
- Nutrition, exercise and lifestyle recommendations
- Referral for out of range results

Following the assessment each participant will receive a web based report outlining key risk areas, as well as details on how they are able to access their personalised, ongoing web based support including:

- Goal setting and health tracking
- e-Newsletter
- Access to current health, safety, and wellbeing resource



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Newsletters

"In Good Health" is a four-page personalised organisational newsletter, first published in 2002. It contains articles on general health topics, plus preventive health reminders and nutritional advice. Spaces on the front and back page contain information about the organisation. It has been used in more than 750 Australian organisations. With over half a million copies ordered each year.

Designed in part as a counter to the headline-grabbing way the popular media deals with health matters, "In Good Health" treats serious topics in a serious way. We try to talk to your staff the way you do. Compiled by Health Practitioners with over 50 years experience, and put together by a team with many years' experience in journalism, publishing and promotion, "In Good Health" draws on a wide range of sources to produce accurate advice and information for staff.

A new edition is published each month, allowing you

to keep staff fully and quickly informed about any changes in your workplace.

There is no obligation to have each edition. Although most organisations take it monthly, you may have the newsletter as often or as infrequently as you choose. Likewise you can change the personal sections, and the number of copies required, whenever you like..

The competitive price-structure of "In Good Health" means only a small outlay is needed.

"In Good Health" is available in electronic format. Computer-savvy subscribers can include a link on their website, or in outgoing emails, at no extra cost.

For a full breakdown of this service please contact Echelon Health on 1300 66 97 44 to receive a detailed brochure and cost breakdown.



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What is Influenza?

Influenza, or the flu as it is commonly known, is a highly contagious viral illness and is most common during the winter months. It is capable of infecting many parts of the body, including the lungs, and can cause serious illness and even death in people of all ages.

Who gets Influenza?

As influenza is highly contagious, 'catching' it is as easy as coming into contact, talking to or being in the vicinity of someone sneezing and coughing due to the virus. As symptoms of the flu start 1 to 4 days after the virus has entered the body, ANYONE can get influenza! If you are not too healthy or well to begin with, you are particularly susceptible and are at increased risk of associated complications.

How can Influenza & its symptoms be prevented?

Influenza and its associated complications can be prevented with a high degree of success through the current influenza vaccine. Made each year, it contains the 3 most common circulating influenza strains which are expected to cause illness.

For 2009 these strains are:

- A/Brisbane/59/2007
- A/Brisbane/10/2007
- B/Florida/4/2006

Are you at High Risk?

If you have:

- Chronic heart and lung disease
- Severe asthma
- Diabetes
- Kidney dysfunction
- Cystic Fibrosis

You are considered a high risk at catching the influenza bug to a very serious and potentially fatal extent.

When should I get vaccinated?

It's important to know that it takes about 2 weeks after receiving the vaccination for a person to develop full protection. But for maximum effect, you should get vaccinated WELL BEFORE winter starts, with March through to April being ideal.

ANYONE can get vaccinated against influenza, including children, the elderly and pregnant women.

HOW DO I GET VACCINATED??

Easy! Echelon Health is offering the flu vaccination at competitive prices.

Simply talk to our Clinic Manager for more information on how to vaccinate and protect yourself this winter.

STOP THE FLU BEFORE THE FLU STOPS YOU!

Phone: 1300 66 97 44

Email: vaccinate@echelonhealth.com.au

www.echelonhealth.com.au



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Health Fairs & Health Promotion

Echelon Health offers a range of Health Fairs. Health Fairs give you the opportunity to reach out to people about their health and well being. By bringing health professionals and lay people together, a health fair educates people about health, prevention, and the resources that are available to them in their organisation.

A health fair can include exhibits, mini-workshops, demonstrations, screenings, etc. Plan a health fair at any time of the year.

A health fair is easy to organise if you allow enough time for planning. If you would like a specific workplace issue to be addressed whether it is Manual Handling, Diabetes, Worklife Balance or Yoga, Echelon Health's Health Promotion staff have an enormous range of health promotion topics available to suit your needs.

Workshops can run for an hour to a full week depending on your needs.

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