



Meta-Health  
ONE

# HEALTHY EMPLOYEES. PRODUCTIVE WORKFORCE.



Fit-For-Work  
Testing



Health  
Tracking



Chronic Illness  
Management



Data  
Insights

Occupational Health & Wellness,  
powered by **Meta-Health One**

# THE CURRENT WORKPLACE REALITY

Employee health directly impacts a company's bottom line.



**Rising absenteeism** due to preventable illness & fatigue.



**Strict compliance** requirements for fit-for-work and OHS.



**Chronic conditions**, like hypertension & diabetes, reducing productivity.



**Workplace injuries** leading to downtime and compensation costs.



**Increased stress** and burnout affecting morale and performance.



**Late detection** of health issues resulting in higher medical expenses.



**High staff turnover** linked to poor health and wellbeing support.



**Limited visibility** of workforce health trends for HR & management.

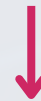
# OUR INTEGRATED APPROACH

One App. One Partner. Complete Workforce Health.

**Meta-Health One** connects on-site screenings, app-based care, and HR reporting in one seamless system. Employees stay healthy and compliant; employers stay informed and protected.

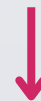
## On-site Tests

1



## App Enrollment

2



## Ongoing Management

3



## Reporting to HR

4

# FULL SERVICE OFFERING



## Compliance & Fit-for-Work

- Fit-for-work clearance
- Vital checks (BP, glucose, BMI)
- Sight & hearing tests
- Alcohol & drug screening
- Spirometry & X-ray coordination



## Preventative & Lifestyle Wellness

- Wellness days (BMI, cholesterol, HIV, etc.)
- Nutrition & fitness tracking
- Stress & fatigue management
- IV drips & energy boosts



## Mental Health Support

- Tele-counselling via app
- Stress & burnout assessments
- Mental health professionals



## Chronic Disease Management

- Diabetes, hypertension, asthma
- Ongoing tracking & follow-ups
- Prescription renewals
- Lifestyle reminders



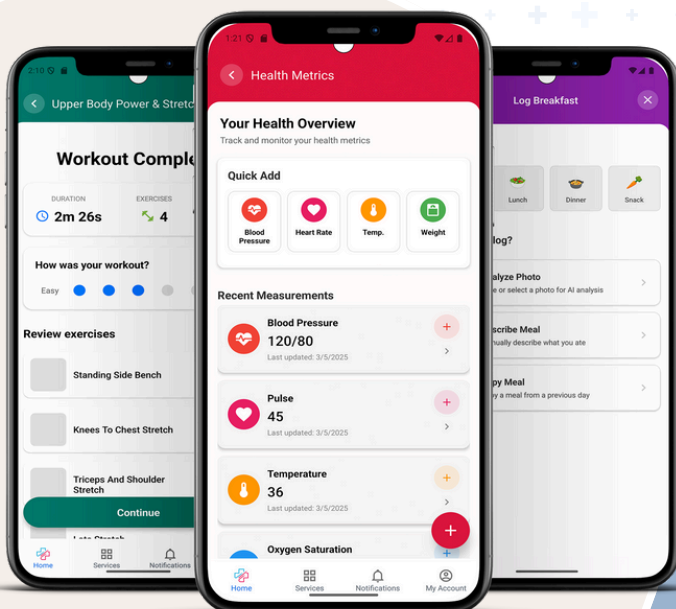
## Diagnostics & Advanced Screening

- POC blood tests (HbA1c, CRP, thyroid, etc.)
- Cancer markers (PSA, Pap smears)
- Annual full blood panels



## Digital Health & Employer Insights

- App-based record & reminders
- Doctor booking & telehealth
- HR dashboards & compliance reports
- Absenteeism & workforce health trends



All services delivered via  
**Meta-Health One** for  
seamless management  
and reporting.



Meta-Health  
**ONE**

# CORPORATE PACKAGES

## Core

- Fit-for-work clearance
- Basic vitals check (BP, glucose, BMI)
- Sight & hearing tests
- Alcohol & drug screening
- Annual hearing & vision assessments
- Employee enrolment on Meta-Health One app
- App-based records & reminders
- HR compliance reporting (basic)



## Advanced

Everything in **CORE**, plus:

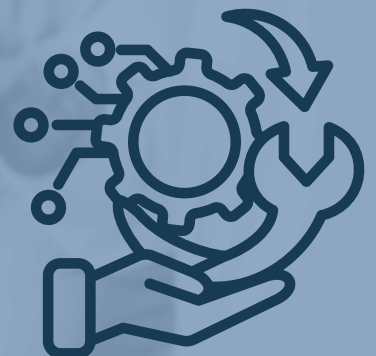
- Quarterly Wellness Days (BMI, cholesterol, sugar, HIV, risk assessments)
- Chronic disease management (hypertension, diabetes, asthma)
- Ongoing monitoring & lifestyle reminders
- Nutrition & fitness tracking via app
- Stress & fatigue management programs
- Expanded HR dashboard access with trend insights



## Elite

Everything in **ADVANCED**, plus:

- Annual full blood panel
- On-site advanced diagnostics (HbA1c, CRP, thyroid, ferritin, etc.)
- Cancer markers (PSA, Pap smears facilitated)
- Bi-annual IV drips & energy boosts
- Mental health tele-counselling & assessments
- Priority access to doctors via app
- Executive-level reporting & risk analysis

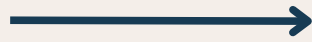


# WHY LEADING COMPANIES CHOOSE META-HEALTH



Meta-Health  
**ONE**

Productivity



Fewer sick days,  
improved performance

Compliance



Meet OHS & fit-for-  
work requirements

Data Insights



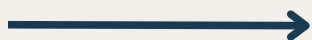
HR dashboards and  
workforce health trends

Retention

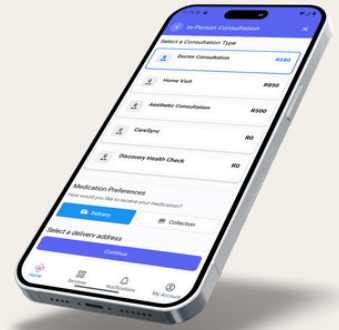


Employees value  
wellness support

Cost Saving



Early detection prevents  
hospitalisation & downtime



## LET'S BUILD A HEALTHIER WORKFORCE TOGETHER

step

1

Choose your package

step

2

Schedule your first  
on-site screening

step

3

Empower your employees  
with **Meta-Health One**



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