



# KnowU Wellbeing

Preventative heart health screening with wider insights  
Designed for workplaces, outreach and community settings

## What we're seeing across recent delivery

<p><b>55%</b> Had never had their cholesterol checked</p>	<p><b>1 in 4</b> Had raised blood pressure readings</p>	<p><b>1 in 5</b> Had elevated cholesterol levels</p>	<p><b>89%</b> identified areas for support, signposting or next steps</p>
---	---	--	---

**What's included**

- Blood pressure
- Cholesterol profile (Total, HDL, Ratio, Triglycerides)
- Diabetes risk score
- HbA1c where appropriate
- BMI and waist measurement
- One-to-one wellbeing conversation

**Why it matters**

- Early identification of cardiovascular risk
- Often the first time people understand their numbers
- Immediate results with clear next steps
- Supports healthier, more informed decisions

## It's more than just the numbers

Each check-in creates space for a meaningful conversation, not just a set of results.

We're seeing people open up around:

**For individuals**

- Digital report with clear results
- Personalised signposting
- Support that meets people where they are

- Sleep and stress
- Nutrition and hydration
- Movement
- Mental wellbeing
- Women's health

**For organisations**

- Anonymised insights and workforce trends
- Outcome tracking
- Evidence for planning and funding

## Building beyond the check-in

Whilst current delivery provides immediate results and anonymised reporting,

KnowU is developing a Connect Hub to take this further:

- Ongoing digital support and resources
- Personalised signposting after the session
- Continuity beyond one-off check-ins
- Simple dashboards to track anonymised outcomes over time



## Because wellbeing isn't one-size-fits-all

Get in touch to bring KnowU to your workplace or community setting  
[kirsty@knowuwellbeing.co.uk](mailto:kirsty@knowuwellbeing.co.uk)

**"I walked away with a much better understanding of my health and how to improve it." Google review**