

# Information Sheet HealthPod



## What it Does

The HealthPod automates occupational health screening, to make it faster, easier, more convenient and more cost-effective.

It can be used as a self-service kiosk, with staff using it unaided to measure key vital statistics and answer clinical questionnaires, or as a point-of-care device used in a consultation with occupational health services.

The device is an easily transportable iPad-like tablet, with attached medical devices measuring:

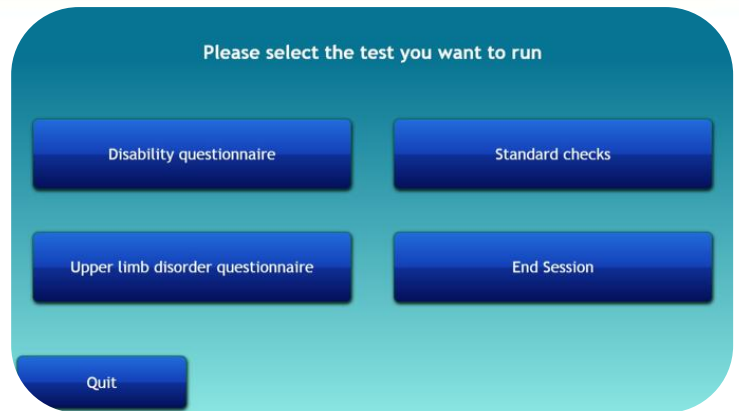
Blood pressure, blood glucose, cholesterol, oxygen saturation, lung function, BMI, and more

And has clinical questionnaires for:

Depression, anxiety, alcohol, smoking, stress, risk of work-related injury, disability, and more

It automatically uploads the data to software OH services can view and contact users about follow-up appointments, completing the loop between health screening and follow-up consultation.

For example, a HealthPod might be left at an office for a week, and all staff encouraged to use it. In 5 days, and just an hour of the nurse's time for set-up, an entire workplace can be screened.



## Benefits to Occupational Health Services

By screening staff for health issues, they can be helped before they get sick; which reduces days and efficiency lost to illness.

Staff can also be given instructions on how best to avoid occupational injuries, and refresh knowledge provided in earlier OH and other training.

It saves time for OH services, not only by carrying out screening on behalf of nurses, but also by notifying staff about ill or high-risk users with it's clear and comprehensive reporting tool.

John doe		dob	id	seen													
		27-Apr-1973	3000	5-Nov-2010													
height	1.727	weight	76.4kg	bmi	25.6	blood pressure	132/77	mmHg	smoking	No	fruit&veg	4	/day	exercise	4	alcohol	4
<b>Anxiety</b>										10	<b>Depression</b>						10
I feel tense or 'wound up':										2	I still enjoy the things I used to enjoy:						1
A lot of the time										2	I can laugh and see the funny side of things:						1
Yes, but not too badly										2	I feel cheerful:						1
Worrying thoughts go through my mind:										2	I feel as if I am slowed down:						1
A lot of the time										2	I have lost interest in my appearance:						1
I can sit at ease and feel relaxed:										2	I may not take quite as much care						1
Not often										2	I look forward with enjoyment to things:						2
I get a sort of frightened feeling like 'butterflies in the stomach':										0	I can enjoy a good book or radio or TV programme:						3
Not at all										0	Very seldom						3
I feel restless as if I have to be on the move:										1							
Not very much										1							
I get sudden feelings of panic:										1							
Not very often										1							

# Information Sheet

## HealthPod



### Benefits to Staff

The HealthPod vastly improves the accessibility and convenience of OH services, staff can go for a self-service appointment without leaving the office, when it suits them.

Furthermore, users view an automated solution as more confidential and private because they can take their check while completely alone.

They also feel their answers are more secure, as the HealthPod encrypts data and only allows access to OH services.

For staff that are reluctant to make time for an OH appointment, the HealthPod provides a fast and flexible check – engaging those who are likely to be disenfranchised and stressed.

Most importantly, it means that all staff can be offered an occupational health check, improving efficiency, but also keeping staff healthier and happier.

*"I went for a check and found that my blood pressure was just a bit high. I've taken up rowing again and cut down on the amount I drink. It's not about the risk of being ill, I just feel better and I feel healthier."*

David Campbell, HealthPod user

*"An occupational health service is built on keeping staff healthy and happy. A more convenient service, that's easier to provide and easier to access, can only be a good thing."*

Kelly Irving, Occupational Health Consultant

### Hardware: Ultramobile Tablet

Touchscreen interface, lightweight design, robust casing for transport, obverse cradlehooks allow HealthPod to be wall-mounted or placed on desk.

### Medical Peripherals

**Scales (to 200kg):** A&D UC321

**Sphygmomanometer (blood pressure/pulse):** A&D UA767PC

**Pulse oximeter:** Contec CMS-50E, Nonin IPod 3212

**Glucometer:** One Touch Ultraeasy, Accucheck Aviva

**Peak flow meter:** Ferraris Piko-1

**Thermometer:** Foracare IR21

**ECG:** Hidalgo Equivital Sensor EQ-01

The HomePod can also interface with coagulometers and monitor syringe pumps, such as the IVAC PCAM range

**Questionnaires Available:** Depression, anxiety, alcohol, smoking, stress, sleep pattern, risk of work-related injury, disability, and more