getting onto the road to health

your journey begins with an appointment for a health screen

DON'T MISS YOUR FREE HEALTHSCREEN with the European Tour by roadtohealth

We all think about health, especially when illness affects us. We can reduce the likelihood of injury or illness if we take care of ourselves and introduce simple changes to our diet, exercise and work/life balance, all of which can have a significant beneficial effect today and in the longer term.

The European Tour have partnered with **roadtohealth**, a leading international health and wellbeing organisation, to bring players, their families, caddies and ET staff a free, confidential one to one healthscreen designed to provide a profile of your health and calculate your risk of developing cardiovascular disease (CVD).

In order to do this we will be analysing your blood (only a small finger prick sample is required) and looking at your cholesterol and blood sugar levels in detail. We will also be checking your blood pressure and some body measurements to make sure you fall within the normal range. We will provide you with a copy of these results and our clinician will advise of you any lifestyle recommendations and guidance. After that they will direct you to our **Quealth application** *(available to download free from app/play store)* to continue your assessment and generate your CVD risk as well as your own unique Q Score, (the higher your number the less risk you have of a number of conditions).

Book your healthscreen now, it's **free**... courtesy of the European Tour!

HOW TO BOOK A FREE HEALTH ASSESSMENT

In **May**, **roadtohealth** will be at:
The BMW PGA at Wentworth conducting free health assessments.

To reserve your appointment please email: customersupport@roadtohealthgroup.com or call: Tel UK 0345 123 5320 with your preferred time and date. After your reservation has been made we will send you a confirmation email with some pre-appointment information. If you would like to book at the time of the event please contact the **Tour Office** for directions.

Appointments will be available on the following dates between 9am and 5.00pm:

- **Tuesday 22nd May**
- **Wednesday 23rd May**

AFTER YOUR APPOINTMENT

After your appointment please go to the App or Play Store to download our award winning multi disease risk assessment application called **Quealth**. Once registered you will then be able to use your biometric results to populate and generate a risk assessment for the top five diseases affecting the western world. You can use it as often as you like to track your health and is particularly useful for the frequent travellers amongst us as you can keep key results all in one place...

CANCELLATIONS

Where possible, please provide suitable notice of your intention to cancel your appointment. Should you fail to attend your appointment you may unfortunately forfeit access to a further booking.

QUERIES

Please contact:
customersupport@roadtohealthgroup.com
or call 0345 123 5320