



# getting onto the road to health

your programme 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 the **Tour Fit For Golf** website 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).

So what should **YOU** do to make this difference? Book now for your **free** healthscreen and subscribe to online free benefits - hurry, to avoid disappointment!

## HOW TO BOOK A FREE HEALTH ASSESSMENT

In **JUNE**, **roadtohealth** will be at: **French Open - Le Golf National** conducting free health assessments.

To reserve your appointment please email: [customersupport@roadtohealthgroup.com](mailto: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**.

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

- **Tuesday 27th June**
- **Wednesday 28th June**

## HOW TO ACCESS ONLINE HEALTHSCREEN

After your appointment please go to: **www.tourfitforgolf.com** website and register for free. Here you will then be able to access your Q Score and CVD risk assessment. By using the results obtained from your **roadtohealth** consultation you will be able populate the appropriate fields and calculate your Q Score. You can visit as often as you like to update and track yourself.



## 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](mailto:customersupport@roadtohealthgroup.com) or call **0345 123 5320**

