

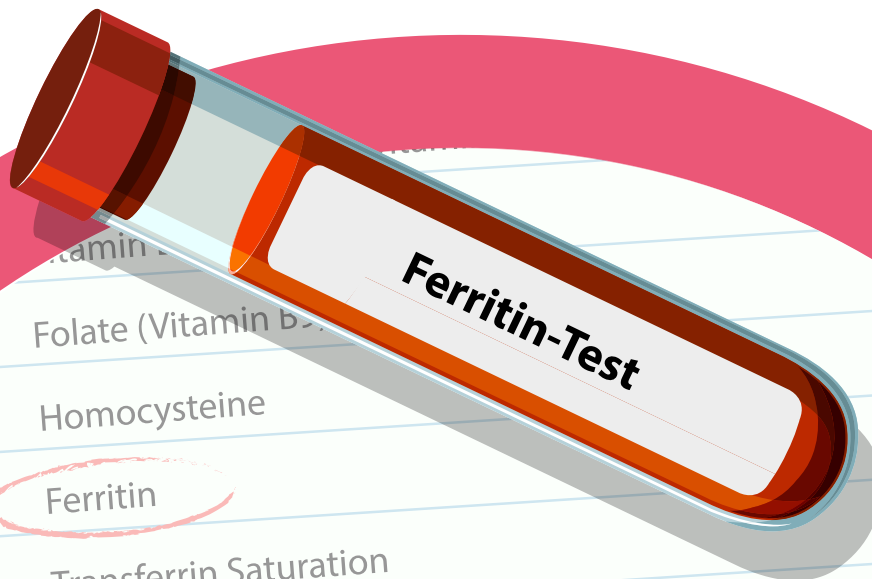


# HealthClinic2You

On-Site Workplace Testing With Instant Results and Expert Guidance

## Ferritin (Iron) Testing

Enhancing Employee Energy, Wellbeing & Productivity





# Why Ferritin Testing Matters?

Iron deficiency is one of the most common nutritional deficiencies worldwide.

## Low iron stores can contribute to:

- Fatigue and low energy
- Poor concentration
- Reduced physical performance
- Impaired wellbeing

Many individuals have low iron before developing anaemia or severe symptoms.

# Supporting Workforce Performance

Low energy and fatigue can negatively affect day-to-day workplace performance.

## Proactive health screening helps employers:

- Promote employee wellbeing
- Identify hidden health concerns early
- Support a healthier, more engaged workforce
- Reinforce a culture of preventative healthcare

A healthy workforce is a productive workforce.



# What is Ferritin?

Ferritin is a protein that stores iron in the body.

Testing ferritin helps assess your body's **iron reserves**, making it one of the most useful indicators of iron status.

## Why test it?

- Detect early deficiency
- Investigate fatigue
- Support proactive health management



## Why Workplace Testing Matters



### Healthier, more energetic teams

Identifying low iron early can help improve energy, focus and overall wellbeing.



### Support & guidance that makes a difference

Employees get personalised results, explanations and practical advice to support their health.



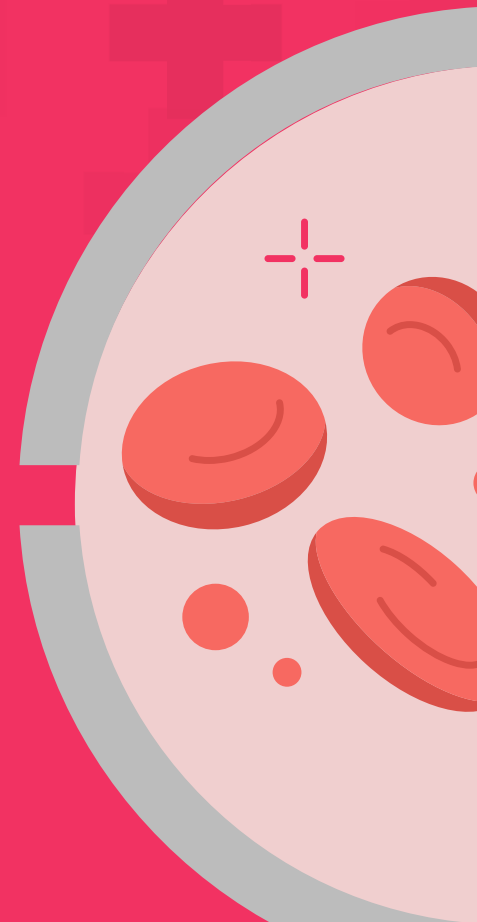
### Stronger workforce, better outcomes

Supporting iron health can reduce fatigue-related absenteeism and improve productivity.



**A small test today can lead to a healthier, stronger tomorrow.**

Simple to deliver. Easy to access. Big impact for your people.



# Who May Be More At Risk?

*Often overlooked in workplace wellbeing programmes* →

**Employees may benefit from testing if they:**

- Are pre-menopausal women
- Follow vegetarian or vegan diets
- Perform high levels of physical activity
- Have digestive/absorption issues
- Experience unexplained fatigue

- **Up to 1 in 3 women of working age may have low iron levels**
- **Fatigue linked to low iron is often undiagnosed in working populations**

# How to Support Healthy Iron Levels

## Helpful Tips

- Vitamin C improves iron absorption
- Tea/coffee may reduce absorption when taken with meals

Consider workplace ferritin testing to help identify low iron early and support your team's wellbeing.

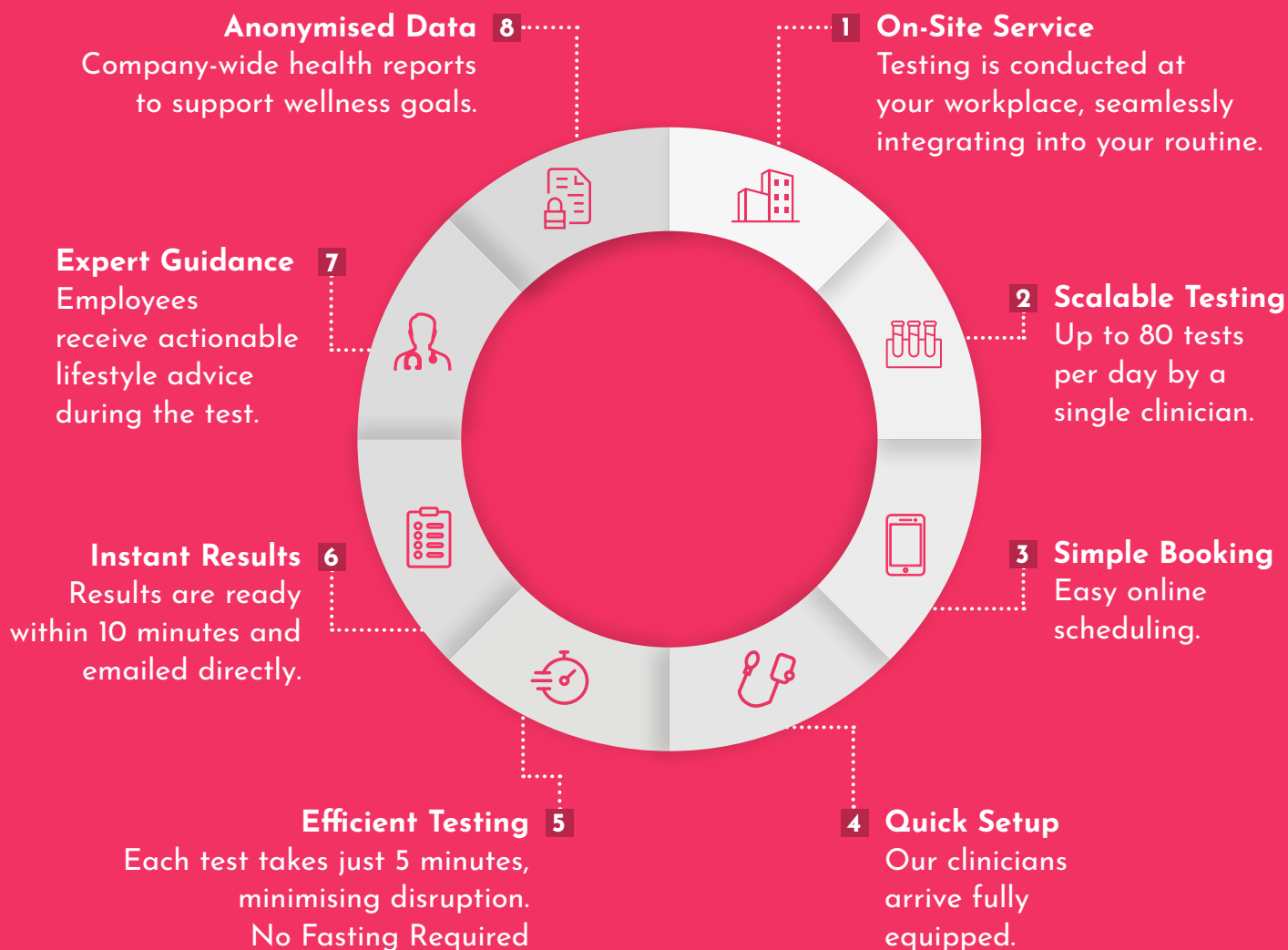
## Iron-rich foods include:

- Red meat, poultry and fish
- Beans and lentils
- Leafy green vegetables
- Fortified cereals



# Service Overview

## What We Offer



# Invest in employee health. Boost productivity. Build a healthier workforce.

## Why Choose HealthClinic2You?



Fast, reliable results  
with expert guidance.



Hassle-free  
online booking.



Tailored workplace  
health solutions.



Affordable, high-quality  
health services.



Anonymised health  
reports for employers.



Experienced clinicians  
delivering professional care.

Get in touch today

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