

Nearly 30% of UK Workers Advised to See GP Following Workplace Health Checks

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More than one in four UK employees screened during a recent series of workplace wellness checks were advised to visit their GP after health assessments identified underlying, asymptomatic risks.

Data released by workplace wellbeing provider [New Leaf Health](#) reveals that out of 1,764 health checks carried out across various UK workplaces between January and July 2026, 28% (495 attendees) were flagged for medical follow-up after their results fell outside NICE guidelines.

The 10-minute mini health checks evaluate vital health metrics, including systolic and diastolic blood pressure, total cholesterol, high-density lipoprotein (HDL), non-HDL cholesterol ratios, and blood glucose levels. These screenings are designed to unmask “silent killers” – high-risk, asymptomatic conditions that often develop unnoticed.

Catching Hidden Risks Early

With cardiovascular disease and stroke remaining leading health threats in the UK, experts stress the importance of early intervention, particularly given the sustained pressure facing the NHS.

Andy Lee O’Neil, Director at New Leaf Health, highlighted the dangers of ignoring these hidden markers. He said: “Elevated blood pressure and raised cholesterol levels often don’t have many early warning signs, making them silent risks to long-term health. If these issues are left unmanaged, this can result in arterial blockages... and an increased long-term risk of cardiovascular disease and kidney damage. It’s extremely important to know your numbers and take control.”

The Role of Employer-Led Prevention

For employers, integrating preventative health checks into corporate wellbeing strategies offers a dual benefit. Not only does it help alleviate strain on public health services, but it also breaks the cycle of employees deprioritising their health amidst busy work schedules.

“Personal health can often fall to the bottom of an employee’s to-do list until symptoms appear, especially in a busy workplace,” O’Neil added. “Offering routine health checks as a workplace benefit breaks that cycle. It gives staff total peace of mind in just ten minutes, while helping employers build a resilient, healthy workforce from the inside out.”

Organisations looking to learn more about implementing preventative healthcare strategies or workplace health check guidelines can visit www.newleafhealth.co.uk.