

Checklist: how to organize a cholesterol testing at work?

- 💡 **It all starts with awareness:** almost 1 out of 2 Belgians have too high cholesterol.¹ Although it often doesn't cause any noticeable symptoms, it's a risk factor that should be considered in maintaining the heart health of all employees within a small workplace or large organization. If cholesterol builds up in the arteries, it can cause them to clog, potentially leading to a heart attack or a stroke.
- 👤 **Convince your team/manager/board:** taking care of your colleagues' heart isn't hard. A cholesterol test, conducted by a nurse, is easy and quick (only a finger prick). You should count on about € 20 per colleague for the whole set-up.
- 👤 **Get in touch with your company doctor or external prevention service to organize an internal cholesterol testing (including: cholesterol tests, the testing device and a nurse).**
- 📅 **Fix a date (or more) for a cholesterol testing at work:** plan it on a day most people come to work and provide time slots of 10 minutes per colleague. The analysis of the cholesterol test itself takes 7 minutes – time the nurse can use to also check the blood pressure.
- 🪑 **Book a separate room:** two chairs and a desk and you are set!
- 🌟 **Spread the news about the cholesterol testing and send out the invites well in time:** if you don't have a company tool, the [free scheduling tool Doodle](#) is a good alternative.
- 📧 **Share a confirmation with the colleagues who registered:** confirm their timeslot and the location, and remind them to wash their hands before the test (but without using hand sanitizer as it can affect the test results).
- 📄 **Provide information material on the testing day:** the Belgian Heart League developed a clear brochure addressing 10 theories about cholesterol in [Dutch](#) and [French](#).
- 🗣️ **Remind colleagues with high cholesterol levels to discuss the results of the cholesterol test with their general practitioner.**

1.J. Van der Heyden, D. Nguyen, F. Renard, A. Scohy, S. Demarest, S. Drieskens, L. Gisle. Belgisch gezondheidsonderzoek 2018. Brussel, België : Sciensano ; Rapportnummer: 2019/14.440/89. Beschikbaar op: www.gezondheidsenquête.be . J. Van der Heyden, D. Nguyen, F. Renard, A. Scohy, S. Demarest, S. Drieskens, L. Gisle. Enquête de santé par examen belge. Bruxelles, Belgique : Sciensano ; Numéro de rapport : D/2019/14.440/90. Disponible en ligne : www.enquetesante.be