



ROCHEALTH®
SERVICES



Occupational & Corporate Health

Healthy People for a Healthy Business



WELCOME

It is with great pleasure that I introduce to you ROC Health Services.

ROC was established in 2010 in the heart of London's medical district - Harley Street. We first opened an office in Aberdeen in 2014, to meet the demand from clients for high quality services in both occupational and private health. We continue to grow at both locations and the range of medical and occupational health services we provide has become established.

Our programmes are committed to promote our motto “**Healthy people for a Healthy Business**”, enhance your reputation and performance, and ensure your company meets its legal obligations as well as delivering good value for money.

Our rigorous internal vetting system and continuous professional development programme coupled with the expertise of our staff ensures that our clients and patients receive:

- The best Medical and Occupational Health advice available
- A smooth, hassle-free administrative service
- The reassurance that their health management is in safest hands possible

Information on the services we provide is included in this booklet. However, we are keen listeners, and always looking for new ideas and/ or different perspectives to keep our programmes fresh and relevant to the needs of our clients.

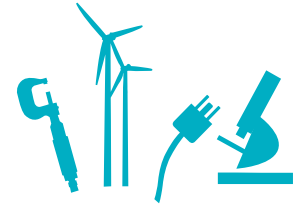
Should you have any questions or wish to discuss a personalised programme, please feel free to contact me.

Yours truly

A handwritten signature in black ink, appearing to read 'Cristina Romete', with a long horizontal flourish extending to the right.

Dr Cristina Romete
CEO

Services Overview



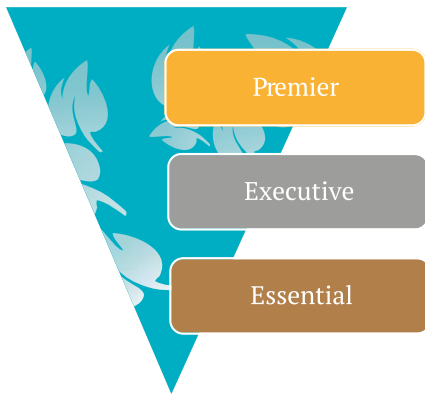
CLINICAL SERVICES

24/7 Topside Medical Services
 Same Day Consultations
 Offshore Medicals
 Fitness Medicals
 Health Surveillance
 Travel Consultations and Vaccinations
 Extensive range of tests and Investigations

HEALTH CONSULTANCY

Strategic Health Analysis and Development
 Dedicated Medical Advisor
 Medical Emergency Planning
 Medical Audits and Quality Control

Corporate Services



Our services can be accessed ad hoc or as a package. The packages available can be designed to suit your needs. Alternatively you can access one of our pre-designed Corporate Service Levels.

Premier - Executive - Essential

The corporate services include the following:

- 24/7 Worldwide Medical Advice Line
- Occupational Health Services
- Private Medical Services
- Tiered Annual Health Checks

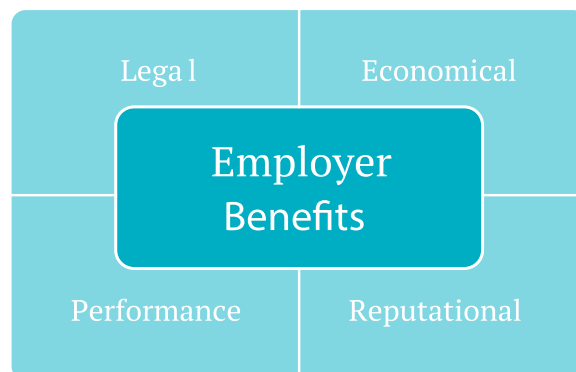
Employer Benefits

LEGAL

Reduced risk of litigation under civil law (e.g. alleged negligence) and criminal law (Health and Safety offences)

ECONOMICAL

Reduced uninsured losses
 Reduced number of claims and fines
 Controlled insurance premiums
 Reduced sickness absence costs



PERFORMANCE

Improved productivity through:
 Happier, healthier staff
 Better motivated staff
 Reduced absence
 Reduced staff turnover

REPUTATIONAL

Improved reputation for corporate responsibility among investors, customers
 Winning and retaining business customers

Occupational Health Consultancy

We provide international occupational health management advice to the **OIL AND GAS INDUSTRY**. To date we delivered occupational health consultancy services to companies operating in UK, Norway, France, US, Brazil, Africa and Middle East



Strategic Analysis And Development

- Health Needs Assessments
- Occupational Health Standards Gap Analysis
- OH Management Policy and Standards
- Annual OH Plans
- OH Key Performance Indicators
- Integration with Business and wider HSE Plans



Health Core Framework

- Health Risk Assessment Policy and Procedure
- Health Surveillance Policy and Associated Procedures & Forms
- Fitness to Work Policy and Procedure
- Management of Sickness Absence and Occupational Illness
- Mental Health and Wellbeing
- Drug and Alcohol Policy and Procedure



Health Analysis and Reporting

- Medical Reporting Procedure
- Health Trackers Design
- Multi-site Implementation of health monitoring tools
- Client Specific health performance reports
- Health Impact Analysis

Each product has been developed with a comprehensive pack of documents aiming to help and optimise the activity of HSE as well as Human Resources departments. The documentation is clear, concise and is structured to meet quality management standards.

Products & Services

In the delivery of our services, we travel to clients' offices and work sites, including remote locations. We consult with stakeholders, assess the needs of the client and make recommendations.

Offshore Health

- Offshore Medical Facilities Standards
- Medical Audits
- Individual Health Risk Assessments
- Offshore Medic Standards and Work Plan
- Medics Standing Orders
- Dedicated Medical Advisor
- Health Surveillance Offshore
- Health Promotion Offshore
- Weight Management Offshore



Medical Emergency

- 24/7 Topside Medical Services
- Medical Emergency Response Plans
- Healthcare Facilities Assessments
- Medical Emergency Drills
- Offshore Installations Medical Audits
- Medevac Consultations
- Post-Medevac Management of Medical Conditions utilising employee's or employer's health insurance



Travel Health

- Frequent Travellers Policy and Procedure
- Malaria Policy Procedure and Associated Leaflets
- Travel Health Training Courses
- International Management for Travel Vaccinations and Fitness to Travel
- Design of Fit to Travel Medicals
- Healthcare Facilities Assessment
- Worldwide Risk Assessment Evaluations



The procedures that follow the health policies are process specific and detail the steps on how to achieve set objectives. All manner documentation is included. All assessments and audits are carried out by highly trained professionals with experience in this field.

Occupational Clinical Services

Rapid Access - Same Day Solutions for your workforce



Fit to Work Medicals

- Pre-employment
- Case Management of Sickness Absence
- Ill Health Retirement
- Critical Safety Medicals
- Fitness to return to work
- Drivers Medicals
- Night Workers Medicals
- Lone Worker Medicals
- Confined Space Medicals

Health Surveillance

- Hearing Health Surveillance
- Respiratory Health Surveillance
- HAVS level 1-4 Assessments
- Skin Health Surveillance
- COSHH Biological Monitoring
- Lead Exposure Surveillance
- Asbestos Exposure Surveillance
- Ionising Radiation Exposure
- Work with Compressed Air Medicals



Mental Health

- Depression, Anxiety Screening
- Mental Health Support
- Specialist Psychiatric Consultations
- Psychological Support
- In-depth Memory and Psychological Assessments after a cerebral event



Travel Health

- Travel Vaccinations
- Approved Yellow Fever Vaccination Centre
- Malaria Prophylaxis
- Visa Medicals
- Fit to Travel Medicals
- Remote Travel Medicals
- TB Testing
- Expat Medicals

We can also offer the following additional services:

Wellbeing promotion - Protect Workers at increased risks - Identify ill Health Early - Ensure Safety

Products & Services

In the delivery of our services, we travel to clients' offices and work sites, including remote locations. We consult with stakeholders, assess the needs of the client and make recommendations.

Medical Emergency

- Healthcare Facilities Assessments
- Medical Emergency Response Policy and Procedure and Associated Documentation
- Emergency Drills Procedure
- Medical Emergency Exercise Scenarios and Assessment Tables
- 24/7 Topside Medical Services



Travel Health

- Frequent Travellers Policy and Procedure
- Malaria Policy
- Remote Malaria Prophylaxis Dispensary Procedure and Associated Leaflets
- Malaria Officer Training Programme
- Online Travel Health Training Courses
- International Management for Travel Vaccinations and Fitness to Travel



Health Analysis And Reporting

- Medical Reporting Procedure
- Design of health trackers including a Health Risk Assessment multi-sites recording tool
- COSHH review of current systems and reports and making recommendations
- Review of Synergi Occupational Health Data
- Review of Existing Recording and Reporting Mechanisms of Occupational Illnesses
- Support During Investigations Into Health Related Incidents After Action Reports



Quality Control

- Health Assurance
- Health Audit Schedules and Templates
- Audit Terms of Reference
- Monthly Health Data Analysis
- Audits of Medical Providers, Medical Facilities and Implementation of Occupational Health Programmes

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