

Is it safe to do the fitness assessment without medical support?

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Our active fitness assessment requires a client to get their heart rate up using simple exercises in a short period of time, e.g. jogging or stepping. Since we have simplified the process to allow clients to perform these tests in the comfort of their home it is the client's responsibility to ensure that the environment is safe to avoid injuries and that their health can handle the required exercises.

We expect that most healthy individuals will be able to complete the assessment without issues, but we are aware that some clients may not be able to do these given their health – we encourage caution in such instances. Myriad provides the option for clients to skip the active physical fitness assessment during a reassessment if they are worried about their health or received advice from their medical professional to not exert themselves. Although skipping the fitness assessment will impact the associated fitness discount, the impact will be limited by the protection offered by the LifeReturns® Reassessment Protector. However, they can still perform the rest of the screening to enjoy discounts from other discount factors and benefit from the protection provided by the LifeReturns® Reassessment Protector.