

What should I do if I've been allocated an estimated fitness level?

Last Modified on 13/08/2024 9:26 am CAT

An estimated fitness level, based on your health screening results, will be allocated in the following three instances:

1. When you are older than 70 years of age - you will not have an option to complete an active fitness assessment
2. When you are in poor health - as declared by yourself, or based on the screening results. We suggest that you do another reassessment when your health has improved.
3. When the screening conditions were sub-optimal and we could not get an accurate reading. We suggest you do another reassessment in a more screening friendly environment.