

Health & Wellbeing Assessments

We have searched internationally and identified the very latest assessment technology that enables us to deliver the most advanced and relevant health screens available today. We address in detail the challenges of contemporary lifestyle such as stress, postural problems and nutritional intake as well as established health concerns. And we deliver a service that is much more than ticking boxes. Our aim is not only to reassure, but also to be a catalyst for sustainable change, motivating and empowering people to develop their energy, vitality and resilience by taking a proactive approach to managing their lifestyle.

Executive Medical (Male & Female)

A comprehensive health and wellbeing assessment that lasts approximately two hours. The assessment includes access to the full range of the latest technology, as well as up to an hour with an experienced doctor.

THE ASSESSMENT INCLUDES:

LIFESTYLE TESTS

- Full medical history and lifestyle questionnaire
- Height and weight measurement
- Body Mass Index (BMI)
- Body fat percentage
- Hip to waist ratio
- Nuffield Body Composition Index
- Hydration levels
- Urine analysis
- Blood biochemistry and haematology profile
- Vision tests
- Anti-oxidant level measurement
- Computerised spinal assessment
- Lung function test
- Physiological measurement of resilience to stressors
- Blood pressure measurement
- Resting ECG
- Assessment of fitness level
- Cardiovascular risk score

ADDITIONAL TESTS AS INDICATED

- Chest x-ray (if clinically indicated)
- Bowel cancer test (for those aged 45 years and over)

For Male clients:

- Testicular examination
- Prostate cancer blood test (for those aged 50 years and over)

For Female clients:

- Breast examination
- Pelvic examination and cervical smear
- Thyroid stimulating hormone blood test (for those aged 50 years and over)
- High vaginal swab (if clinically indicated)

OPTIONAL TESTS

- Mammography (where purchased and usually appropriate for those aged 40 years and over)
- 64 slice CT scans (where purchased, at selected locations)

ALL FOLLOWED BY:

- Full clinical examination and consultation with a doctor
- Discussion on findings and those test results that are immediately available
- Counselling by the doctor on preventive health actions
- Case management of any health issues identified during the session
- Written personalised report with all relevant health fact sheets within two weeks of attending