

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.

Well Woman Medical Assessment

A health and wellbeing assessment that is focused on the needs of female clients. As well as a tailored range of tests, its special feature is time with an experienced doctor to discuss any particular personal concerns or health issues.

THE ASSESSMENT INCLUDES:

LIFESTYLE TESTS

- Focussed medical history and lifestyle questionnaire
- Height and weight measurement
- Body Mass Index (BMI)
- Urine analysis
- Blood biochemistry and haematology profile
- Blood pressure measurement
- Breast examination
- Pelvic examination and cervical smear

ADDITIONAL TESTS AS INDICATED

- Thyroid stimulating hormone blood test (for those aged 50 years and over)
- High vaginal swab (if clinically indicated)
- Mammography (where purchased and usually appropriate for those aged 40 years and over)

ALL FOLLOWED BY:

- Doctor consultation
- Discussion on findings and those test results that are immediately available
- Counselling on appropriate preventive health and lifestyle issues
- Case management of any health issues identified during the session
- Written personalised report with all relevant health fact sheets within two weeks of attending