[Preventative] Health Assessments

A proactive, clinically led approach to supporting long-term health and wellbeing

Prevention.
Insight.
Optimisation.

FEATURE MEDICAL

Why [Assess] Your Health?

Many common health conditions develop gradually and often without obvious symptoms. Conditions such as unexplained fatigue, low energy, poor recovery, weight management difficulties, vitamin deficiencies, diabetes risk, cardiovascular risk, and thyroid disorders can often be blamed on hectic daily life.

Our assessments combine clinical examination, advanced testing and personalised interpretation to provide meaningful insight into your current health.

By understanding your health, identifying early changes and making the right daily choices you can support your own long-term wellbeing.

[Personalised] Results Review

Every assessment includes a detailed review of your results, the opportunity to discuss findings, and recommendations.

We help you understand what your results mean, identify opportunities to optimise your health, and support informed decisions about your future wellbeing.

[Essential] Health Assessment — 60 minutes — £ 199

Core clinical screening and blood testing to provide a strong foundation for preventative healthcare

Helps identify:

- General wellness
- Cholesterol and cardiovascular risk
- Common causes of fatigue
- Iron deficiency and anaemia
- Signs of inflammation
- Kidney and liver issues
- Early diabetes risk

Tests include:

- Blood pressure
- Heart and lung examination
- Full blood count and inflammation markers
- Kidney, liver, bone and mineral health
- Cholesterol profile
- Diabetes indicators
- Iron levels and ferritin

[Advanced] Health Assessment — 90 minutes — £ 299

Deeper insight into hormonal, vitamin, respiratory and cardiovascular health

Helps identify:

- Everything in 'Essential'
- Thyroid disorders
- Vitamin deficiencies
- Reduced lung function
- Cardiac abnormalities and risks
- Causes of low energy and generally poor wellbeing
- Prostate issues (in males)

Tests include:

- Everything in 'Essential'
- Thyroid function
- Vitamin D
- Vitamin B12
- PSA (for males)
- Spirometry assessment
- 12 lead ECG
- More detailed physical exam including abdomen and back

[Complete] Health Assessment — 120 minutes — £ 399

The most comprehensive option, designed for those seeking detailed health, wellbeing and optimisation insight

Helps identify:

- Everything in 'Essential' and 'Advanced'
- Metabolic health risks
- More detailed cardiovascular risk factors
- Body composition and hydration with personal target ranges
- Functional movement limitations
- Anxiety

Tests include:

- Everything in 'Essential' and 'Advanced'
- Body composition analysis
- Waist-to-hip ratio
- More thorough physical exam including joint, motor function, ears and more
- QRISK cardiovascular risk score
- GAD7 assessment
- Urine analysis

Understand and proactively manage your health with clinical insight for your own wellbeing and long-term optimisation

Contact [Us]

For more information or to book appointment, please contact us at:

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