

HEALTH CHECKS



Popular packages for your employees.



Choose from our range of comprehensive full body health checks, covering key health markers including liver and kidney function, cholesterol status, diabetes risk and more!

	BUSINESS HEALTH PLUS	BUSINESS HEALTH EXTRA	BUSINESS HEALTH COMPREHENSIVE	BUSINESS HEALTH EXECUTIVE
24/7 GP HELPLINE				
24/7 GP helpline access for one year. From tummy upsets to travel inoculation advice, call any time of the day or night to discuss any health questions with a registered GP.	✓	✓	✓	✓
CANCER INFORMATION				
Simple lifestyle changes to help you maintain general good health, along with straightforward self-examination steps to help you spot the early signs of breast and testicular cancer.	✓	✓	✓	✓
BIOMETRIC ANALYSIS				
A biometric analysis gives a breakdown of many components in the body, including muscle and bone mass, visceral fat levels and more. It also shows metabolic age, BMI and BMR.	✓	✓	✓	✓
BLOOD PRESSURE				
This test uses an arm cuff attached to a monitor to give the blood pressure result. Systolic and diastolic measurements are taken, helping identify high or low blood pressure.	✓	✓	✓	✓
BONE HEALTH, ENERGY AND MUSCLES				
This blood test gives three key readings - calcium, corrected calcium and phosphate. Calcium and phosphate are essential for healthy bones, muscle function and energy production.	✓	✓	✓	✓
CHOLESTEROL LEVELS				
This test measures the levels of various types of cholesterol in the blood to help identify any imbalances. Five readings are given, including HDL, LDL and cholesterol ratio.	✓	✓	✓	✓
ADVANCED DIABETES (HBA1C)				
While a glucose test measures blood glucose levels at one moment in time, a HbA1c test gives a picture of the average amount of glucose in the blood over the last few months.	✓	✓	✓	✓
ESSENTIAL PROTEINS AND IRON				
This test measures the levels of two important proteins in the blood (albumin and globulin). The test also assesses iron levels and TIBC, helping to reflect the body's iron stores.	✓	✓	✓	✓
HEART DISEASE AND STROKE RISK ASSESSMENT				
This test uses results gathered during the health check (including blood pressure, glucose and cholesterol levels) to give an indication of the risk of cardiovascular diseases.	✓	✓	✓	✓
KIDNEY FUNCTION				
This test measures the levels of sodium (salt) and waste products (urea and creatinine) in the blood. An eGFR result is also included to help identify reduced kidney function.	✓	✓	✓	✓
LIVER FUNCTION				
This test measures the levels of the liver enzymes ALT, AST, ALP and GGT in the blood, together with the liver waste product bilirubin. Abnormal levels can indicate liver damage.	✓	✓	✓	✓

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URIC ACID				
This blood test measures uric acid levels, a waste product made from protein digestion. High levels are associated with a greater risk of gout, a form of inflammatory arthritis.	✓	✓	✓	✓
MENTAL WELLBEING				
This test uses confidential questionnaires to help assess four aspects of psychological wellbeing associated with stress: anxiety, depression/mood, resilience, and engagement.	✓	✓	✓	✓
MENTAL WELLBEING CONSULTATION				
Arrange a private 30-minute telephone consultation with an experienced Emotional Wellbeing Adviser who can give advice and support on emotional/mental wellbeing concerns.	-	✓	✓	✓
MUSCULOSKELETAL HEALTH				
This test measures the risk of developing long-term back problems, to help guide you in managing back problems more effectively. MSK problems are among the most common causes of sickness absence.	-	✓	✓	✓
MUSCULOSKELETAL WELLBEING CONSULTATION				
Arrange a private 30-minute telephone consultation with a Musculoskeletal (MSK) Wellbeing Adviser who can give practical advice on how to help alleviate aches and pains.	-	✓	✓	✓
PERIPHERAL ARTERIAL DISEASE (PAD)				
This ABPI test uses sensors attached to the arms and legs to detect any difference in blood pressure between the two. A difference can indicate PAD. Suitable for over 40s only.	-	✓	✓	✓
HEART RHYTHM (ECG)				
This test uses a 6-lead ECG test to check the rhythm of the heart. An accredited Cardiac Data Analyst will then review the trace (the image of the heartbeat over a period of time).	-	✓	✓	✓
BLOOD HEALTH PROFILE				
This test, also called a Full blood count, gives 10 key readings to help assess blood health and immunity. Readings include red blood cells, white blood cells, and platelets.	-	-	✓	✓
LIVER FIBROSIS				
The FIB4 test is a scoring system that estimates liver fibrosis (scarring) without the need for a biopsy. It is calculated using results from the AST, ALT and platelet tests.	-	-	✓	✓
MUSCULAR GRIP STRENGTH				
This test measures the strength of your hand grip using a dynamometer. This can help identify MSK problems affecting your hands and wrists, such as arthritis or carpal tunnel syndrome.	-	-	✓	✓
HEALTH AND WELLBEING SUPPORT SESSIONS				
After you receive your results, you'll have access to 2 x 30-minute health & wellbeing sessions where one of our health coaches can help you identify ways you can improve your health behaviours.	-	-	✓	✓
LUNG FUNCTION CHECK				
This test measures whether your lung function is within the normal range, the level of obstruction in your lungs, and your 'lung age' if you are a smoker.	-	-	✓	✓
GP CONSULTATION				
We feel the best time for a GP Consultation is once all the health tests have been run and results have been received. Speak with a GP over the phone or via video-chat online.	-	-	-	✓

LIPOPROTEIN A

This specialist test measures the amount of lipoprotein (a) in your blood. High levels are a risk factor for heart disease and stroke due to restricted blood flow.

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FITNESS ASSESSMENT

This test uses a step test to help you understand your current level of fitness. During your assessment, we will measure three items: resting heart rate, heart rate after exercise and the oxygen levels.

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HEALTH CHECKS

Early Cancer Add-on

Get peace of mind by identifying cancer risks

All health assessments can be upgraded to assess cancer risks of the stomach, bowel, cervix (for females) and prostate (for males), as well as a urine analysis, which checks for a range of conditions, including potential bladder cancer. Spotting the signs of cancers early can be vitally important – and in many instances, starting treatment for cancer early can make all the difference.

It's important to remember...

...when looking at cancer tests, no test can be 100% perfect. While our tests can highlight cancer risk, 'false positives' and 'false negatives' can also occur, **particularly for prostate cancer risk and bowel cancer risk tests – which is why these are only available for employees over the age of 40.** We also include a private consultation with a GP for additional peace of mind.



EARLY CANCER ADD-ON Male cancer risk

The male cancer risk add-on includes tests for cancer risks of the **stomach, blood, and bladder** for all ages, as well as **bowel** and **prostate**, for those aged 40 and over.

A Private GP Consultation is also included which takes place via phone or webcam once results have been received.

EARLY CANCER ADD-ON Female cancer risk

The female cancer risk add-on includes tests for cancer risks of the **stomach, blood, bladder** and **cervix** for all ages, as well as **bowel**, for those aged 40 and over.

A Private GP Consultation is also included which takes place via phone or webcam once results have been received.

