

Health Check-ups Tiers



BRONZE



SILVER



GOLD

	BRONZE	SILVER	GOLD
Doctor time	45 mins	90 mins	90 mins
Physiotherapist time	N/A	N/A	45 mins

Step 1 - Medical History

	BRONZE	SILVER	GOLD
Pre-healthcheck questionnaire	✓	✓	✓

Step 2 - Lifestyle and body composition

	BRONZE	SILVER	GOLD
Smoking, alcohol and sleep	✓	✓	✓

	BRONZE	SILVER	GOLD
Diet assessment	✓	✓	✓

	BRONZE	SILVER	GOLD
Physical activity assessment	✓	✓	✓

	BRONZE	SILVER	GOLD
Height, weight and body mass index	✓	✓	✓

	BRONZE	SILVER	GOLD
Waist measurement and waist-to-height ratio	✓	✓	✓

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Anxiety and depression assessment		✓	✓

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Mental health and stress indicator		✓	✓



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Back and neck assessment



Joint assessment including knees and shoulders



Step 3 - Heart Assessment

Blood pressure



Cardiovascular risk



Heart examination



Cholesterol



Resting ECG (electrocardiogram)



Step 4 - Blood and urine tests

Diabetes risk



Full blood count



Lipid profile



Kidney function test



Liver function test



Haemoglobin (anaemia)



Thyroid function test



Vitamin B12/folate





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Iron (ferritin)



Vitamin D



Prostate cancer test



Step 5 - Report of findings and next steps

Personalised medical report



Personalised health action plan



PRICE

£199

£399

£599

For more information, please contact us at [03303 334 123](tel:03303334123) via telephone or info@themedical.co.uk via email. Or visit our website at www.themedical.co.uk