



Health Screening tests

Information pack



Does your body need an MOT?

You are happy to put your car in for a service every year without a second thought, but how many of us can say the same about our bodies? When was the last time you gave your body a health screening check to make sure it was ready and able to handle what you throw at it?

Statistics show that one-third of all people who have health screening checks need separate additional health advice, or a tune-up to help them deal with today's hectic lifestyle.

A health check is your insurance policy for early detection of illnesses such as coronary heart disease, breast and cervical cancer. They are quick, inexpensive, and confidential and are carried out by qualified doctors. We provide a full range of a health screening checks for men and women.

All our customers who attend a Nuffield Hospital health screening also get one years free unlimited access to 'GP Connekt', the 24-hour GP helpline, manned by doctors.

UK Health Facts

- 2.7 million people are living with Coronary Heart Disease
- 1 person every 2 minutes suffers a Heart Attack
- 1 in 3 people will be diagnosed with cancer during their lifetime
- Stroke is the third most common cause of death

What happens during a screen?

Prior to a health screen, you will be asked to complete a detailed, confidential questionnaire.

Assessments are carried out in comfortable and welcoming surroundings with each client being assigned their own nurse to guide them through each stage of the health screen in a calm and relaxed manner.

A qualified screening doctor will carry out the screen. Most of our units are able to provide preliminary results on the day, which will give the doctor the opportunity to discuss findings in advance of the detailed written report which will follow within the next 14 days.

This report includes interpretation of all of the test results and recommendations for improving and maintaining health. Consultations and medical reports are completely confidential.

Screening benefits

- Early detection is the best way to fight these statistics.
- Health screening can pick up early warning signs showing treatment is needed.
- Testicular Cancer has a 95%-97% cure rate when found early.
- 93% of cervical cancer deaths are preventable if detected early

Is it for me?

Health screening is for everyone. Especially those who have no symptoms, but who may have significant risk factors. With heart, lung, bowel, liver and kidney disease and cancer among the most common causes of long-term illness and premature death in the UK, early detection is an important form of disease prevention.

Types of health screening checks

A comprehensive range of screening checks are available for both men and women, addressing specific needs of all individuals and ages from busy executives to the retired. Each type is described in the following pages.

Men's checks

Full Health Assessment for Men - £380

This assessment takes around 2 hours and includes:

- A consultation and full physical examination by the screening doctor which includes: skin, ears, eyes, throat, central nervous system, respiratory system, cardiac system, abdominal system, muscles, joints, spine and gait. Testicular examination and instruction in self-examination and prostate examination if over 50 years of age and clinically indicated.
- Comprehensive analysis of a health questionnaire, which includes medical, surgical, social, domestic, work and lifestyle history.
- Health assessment includes hearing test, vision test, lung function test, height and weight measurements, body mass index, resting blood pressure, resting ECG, urinalysis, biochemistry profile (includes tests for cholesterol, kidney and liver function), haematology profile, chest x-ray (if appropriate), test for blood in the stool that could signal bowel disease or cancer (over 50 years of age) and PSA test for the risk of prostate cancer (over 50 years of age if appropriate or clinically indicated).
- The personal medical report will include all fully explained test results plus recommendations for improving and maintaining health.

Full Health Assessment for Men + Exercise ECG - £540

This includes an electrocardiogram (ECG) test taken under exercise on a treadmill where the exercise load on the heart is increased to assess if sufficient oxygen is reaching the heart muscle. This test can be an extremely valuable instrument in identifying underlying coronary disease. It also is an assessment of exercise capability.

A functional diagnostic exercise ECG is suitable for all males aged 40 years and over, and those aged 35 years and over who have a strong history of cardiac heart disease in the family as well as two or more of the following risk factors:

Smoking; High blood pressure; Cholesterol level greater than 8 mmol/L; Inactive and overweight, particularly those with an expanded waistline or as recommended by the screening doctor.

*At present Exercise ECG's are only available at selected health screening centres which are marked with an asterisk on our location listing.

Well Man Screen - £230 Including exercise ECG - £395

This assessment takes around 1 hour and includes:

- Consultation and testicular examination and instruction in self-examination, prostate examination (over 50 years of age if clinically indicated) by the screening doctor.
- Well Man questionnaire.
- Health screen includes height and weight measurements, body mass index, resting blood pressure, urinalysis, cholesterol test, PSA test for the risk of prostate cancer (over 50 years of age if appropriate or clinically indicated).
- The personal medical report will include all fully explained test results plus recommendations for improving and maintaining good health.

Women's checks

Full Health Assessment for Women - £440

This assessment takes around 2 hours and includes:

- A consultation and full physical examination by the screening doctor which includes: skin, ears, eyes, throat, central nervous system, respiratory system, cardiac system, abdominal system, muscles, joints, spine and gait. Breast examination and instruction in self-examination, pelvic examination and cervical smear.
- Comprehensive analysis of a health questionnaire which includes medical, surgical, social, domestic, work and lifestyle history.
- Health assessment includes hearing test, vision test, lung function test, height and weight measurements, body mass index, resting blood pressure, resting ECG, urinalysis, biochemistry profile (includes tests for cholesterol, kidney and liver function), haematology profile, thyroid-stimulating hormone TSH level (over 50 years of age), chest x-ray (if appropriate), test for blood in the stool that could signal bowel disease or cancer (over 50 years of age) and mammography (over 40 years of age).
- The personal medical report will include all fully explained test results plus recommendations for improving and maintaining good health.

Full Health Assessment for Women + Exercise ECG -£600

This includes an electrocardiogram (ECG) test taken under exercise on a treadmill where the exercise load on the heart is increased to assess if sufficient oxygen is reaching the heart muscle. This test can be an extremely valuable instrument in identifying underlying coronary disease. It also is an assessment of exercise capability.

A functional diagnostic exercise ECG is suitable for all females aged 45 years and over, and those aged 35 years and over who have a strong history of cardiac heart disease in the family with two or more of the following risk factors:

Smoking; High blood pressure; Cholesterol level greater than 8 mmol/L; Inactive and overweight, particularly those with an expanded waistline or as recommended by the screening doctor.

*At present Exercise ECG's are only available at selected health screening centres which are marked with an asterisk on our location listing.

Well Woman Screen - £245 Including exercise ECG - £410

This assessment takes around 1 hour and includes:

- Consultation and breast examination and instruction in self-examination, pelvic examination and cervical smear by the screening doctor.
- Well Woman questionnaire.
- Health screen includes height and weight measurements, body mass index, resting blood pressure, urinalysis, haemoglobin test, cholesterol test, mammography (over 40 years of age).
- The personal medical report will include all fully explained test results plus recommendations for improving and maintaining good health.

Pricing

We partner with the top health screening companies in the country and as a result of our buying power get specially reduced rates that we pass on to you.

<i>Health Screening</i>	<i>Price</i>
Full Health Assessment for Men	£380
Full Health Assessment for Men and Exercise ECG	£540
Well Man Screen	£230
Well Man Screen Including exercise ECG	£395

Full Health Assessment for Women	£440
Full Health Assessment for Women and Exercise ECG	£600
Well Woman Screen	£245
Well Woman Screen Including exercise ECG	£410

Corporate and group pricing

In addition to individual services we also provide our screening tests to groups and companies at special discount rates for 10 or more screenings. Contact us for a quote.

The benefits of health screen checks to companies can be immeasurable. A business benefits from healthy employees in so many ways:

- Fewer days lost through absenteeism by early prevention of illness in your employees
- Higher job satisfaction and improved morale and loyalty resulting in lower staff turnover
- Greater productivity
- Reduced employee health-related costs
- An enhanced company image as a progressive, caring employer
- A valued component of an overall employee benefits package, attracting job applications from top candidates

Cancellation policy

If appointments need to be re-arranged or cancelled with less than 3 clear working days' (Monday to Friday) notice, a £75 fee may be charged.

In an appointment is cancelled with less than 1 clear working days' notice, then the cancellation fee will be the FULL PRICE of the screen.

Failure to attend will also incur a charge

Locations

Our partner, Nuffield Hospitals Health Screening, has been providing health screening services since 1991. They have health screening facilities in major towns and cities across the UK.

*If you cannot see a screening centre in a location suitable to you please contact us on **Freephone 0500 44 60 60**. We have preferential access and rates at alternative screening facilities throughout the UK and can also arrange for groups of screens to be carried out on client premises.*

Birmingham	Leeds
Bournemouth	Leicester
Brentwood	London West End
Brighton	London City
Bristol*	Manchester
Cambridge	Newcastle
Cheltenham	Newcastle
Chester	Nottingham
Derby	Oxford
Edinburgh	Plymouth
Enfield	Slough
Exeter	Southampton
Glasgow	Tunbridge Wells
Ipswich	Woking
Lancaster*	Wolverhampton
Leamington Spa	York



**Exercise ECG facilities not available at this location*

Contact Us

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