

# Your benefits

	Delivery	Everyday Health Assessments		Advanced Health Assessments		Total Health Assessments		Executive Health Assessments	
		Insight	+ Insight Plus	Nurture	+ Nurture Plus	Prevent	+ Prevent Plus	Protect	+ Protect Plus
<b>GP Consultation</b>									
<b>Follow up 15 - 40min Virtual Consult</b> A <b>virtual</b> GP consultation <b>after</b> you test/scans have been completed	Virtual		15min	15min	30min	40min	40min	40min	30min
<b>Pre Assessment Consultation</b> A <b>virtual</b> GP consultation <b>before</b> you test/scans have been completed	Virtual					15min	15min	15min	30min
<b>Cancer self check guidance</b> During your consultation, the GP will advise a patient how to check themselves for common cancers	Virtual				✓	✓	✓	✓	✓
<b>MSK Review</b> During the consultation the GP will check the patients mobility	Virtual			✓	✓	✓	✓	✓	✓
<b>Cardiologist Consult</b> A <b>virtual</b> consultation with a specialist cardiologist to go through your scan results	Virtual								20min
<b>Blood Testing</b>									
<b>Diabetes</b> Measures long-term blood sugar control to assess diabetes risk and how well your body manages glucose.	At-home, in-clinic or on-site	✓	✓	✓	✓	✓	✓	✓	✓
<b>Iron Status</b> Evaluates iron levels and absorption to detect deficiency, fatigue-related issues, or anaemia.	At-home, in-clinic or on-site	✓	✓	✓	✓	✓	✓	✓	✓
<b>Kidney Health</b> Assesses kidney filtration and waste removal to detect early kidney issues and monitor overall kidney function.	At-home, in-clinic or on-site	✓	✓	✓	✓	✓	✓	✓	✓
<b>Liver Health</b> Checks key enzymes and proteins to assess liver function, detect inflammation, and identify early signs of liver disease.	At-home, in-clinic or on-site	✓	✓	✓	✓	✓	✓	✓	✓
<b>Muscle Health</b> Checks muscle enzyme levels to identify muscle stress, injury, or overexertion.	At-home, in-clinic or on-site	✓	✓	✓					
<b>Thyroid Health</b> Assesses thyroid hormone regulation to identify underactive or overactive thyroid function affecting energy, weight, and metabolism.	At-home, in-clinic or on-site	✓	✓	✓	✓	✓	✓	✓	✓
<b>Nutritional Health</b> Measures Vitamin D levels to support bone health, immunity, and overall wellbeing.	At-home, in-clinic or on-site	✓	✓	✓	✓	✓	✓	✓	✓
<b>Price</b>		£79	£155	£265	£395	£845	£1,745	£2,445	£4,495

# Your benefits

	Delivery	Everyday Health Assessments		Advanced Health Assessments		Total Health Assessments		Executive Health Assessments	
		Insight	+ Insight Plus	Nurture	+ Nurture Plus	Prevent	+ Prevent Plus	Protect	+ Protect Plus
<b>Heart Health</b> Checks cholesterol and related fats to assess cardiovascular risk, helping identify issues early and guide lifestyle or treatment to protect your heart.	At-home, in-clinic or on-site	✓	✓	✓	✓	✓	✓	✓	✓
<b>Gender specific Cancer Markers (PSA, CA125)</b> Measures key markers like PSA and CA125 to identify early signs of prostate or ovarian changes, supporting timely detection and improved cancer risk assessment.	At-home, in-clinic or on-site				✓	✓	✓	✓	✓
<b>Cardiovascular Risk Assessment</b> Measures key blood markers linked to heart and artery health, helping identify your risk of heart disease and guide personalised prevention strategies.	At-home, in-clinic or on-site							✓	✓
<b>Hormone Profiles</b> Measures key hormones that influence energy, mood, metabolism, and reproductive health, helping identify imbalances that may affect overall wellbeing.	At-home, in-clinic or on-site							✓	✓
<b>Physical Measurements</b>									
<b>Blood Pressure</b> Measures the force of blood in your arteries to assess heart health and identify risks like hypertension.	At-home, in-clinic or on-site		✓	✓	✓	✓	✓	✓	✓
<b>Height, Weight (BMI)</b> Calculates weight relative to height to indicate whether you're underweight, healthy, overweight, or obese.	At-home, in-clinic or on-site		✓	✓	✓	✓	✓	✓	✓
<b>Waist circumference &amp; hip ratio</b> Calculates weight relative to height to indicate whether you're underweight, healthy, overweight, or obese.	In-clinic or on-site		✓	✓	✓	✓	✓	✓	✓
<b>Personalised Health Questionnaires</b>									
<b>Health &amp; Lifestyle</b> Reviews daily habits, symptoms, and medical history to help identify health risks and personalise recommendations.	Virtual		✓	✓	✓	✓	✓	✓	✓
<b>Mental Health</b> Screens for symptoms of depression to assess mood, identify concerns, and guide appropriate support or treatment.	Virtual			✓	✓	✓	✓	✓	✓
<b>Qrisk</b> Estimates your risk of developing heart disease or stroke by assessing lifestyle, medical history, and cardiovascular factors.	Virtual			✓	✓	✓	✓	✓	✓
<b>Price</b>		£79	£155	£265	£395	£845	£1,745	£2,445	£4,495

# Your *benefits*

	Delivery	Everyday Health Assessments		Advanced Health Assessments		Total Health Assessments		Executive Health Assessments	
		Insight	+ Insight <i>Plus</i>	Nurture	+ Nurture <i>Plus</i>	Prevent	+ Prevent <i>Plus</i>	Protect	+ Protect <i>Plus</i>
<b>Additional Tests</b>									
<b>Bowel Cancer Screening (qFit)</b> Detects tiny amounts of blood in stool to help identify early signs of bowel cancer or other digestive issues.									
	At-home				✓	✓	✓	✓	✓
<b>Urine Analysis</b> Checks urine for markers of infection, kidney issues, hydration, and metabolic health to identify early signs of underlying conditions.									
	At-home				✓	✓	✓	✓	✓
<b>Scans</b>									
<b>Personalised Specialist Imaging</b> Choose from targeted scans such as MRI, Ultrasound, ECG, Echocardiogram, or CT to investigate specific symptoms and receive tailored insights into your health.									
	In-clinic					✓			
<b>MRI Full Body</b> Provides a detailed, radiation-free scan of major organs and structures to detect early signs of disease, inflammation, or structural issues across the body.									
	In-clinic or on-site						✓		✓
<b>MRI Full Body + Cardiac</b> Combines whole-body imaging with an in-depth heart scan to assess heart function, structure, and overall health, supporting early detection of cardiac and systemic conditions.									
	In-clinic or on-site							✓	
<b>Cardiac CT Angiogram</b> Uses detailed CT imaging with contrast dye to visualise blood vessels, helping detect blockages, narrowing, or other vascular issues that may affect heart or organ health.									
	In-clinic								✓
<b>Reports</b>									
<b>Personalised Report</b> Summarises all your results in an easy-to-understand format, highlighting key findings and tailored recommendations to support your long-term health.									
	Virtual	✓	✓	✓	✓	✓	✓	✓	✓
<b>Price</b>		£79	£155	£265	£395	£845	£1,745	£2,445	£4,495