

## 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!

£126  
Business Health  
Plus

£189  
Business Health  
Extra

£253  
Business Health  
Comprehensive

£381  
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.



### 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.



Health Checks Continued:	£126 Business Health Plus	£189 Business Health Extra	£253 Business Health Comprehensive	£381 Business Health Executive
<b>Mental Wellbeing.</b> This test uses confidential questionnaires to help assess four aspects of psychological wellbeing associated with stress: anxiety, depression/mood, resilience, and engagement.				
<b>Mental Wellbeing Consultation.</b> Arrange a private 30-minute telephone consultation with an experienced Emotional Wellbeing Adviser who can give advice and support on emotional/mental wellbeing concerns.				
<b>Musculoskeletal Health.</b> 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.				
<b>Musculoskeletal Wellbeing Consultation.</b> 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.				
<b>Peripheral Arterial Disease (PAD).</b> 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.				
<b>Heart Rhythm (ECG).</b> 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).				
<b>Blood Health Profile.</b> 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.				
<b>Liver Fibrosis.</b> 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.				
<b>Muscular Grip Strength.</b> 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.				
<b>Health and Wellbeing Specialist.</b> After you receive your results, you'll have access to 2 x 30-minute health & wellbeing sessions where one of our health specialists can help you identify ways you can improve your health behaviours.				
<b>Lung Function Check.</b> 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.				
<b>GP Consultation.</b> 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.				
<b>Lipoprotein A*.</b> 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.				
<b>Fitness Assessment.</b> 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.				

\*Lipoprotein A test is currently unavailable in Northern Ireland

## Additional Options

# Early Cancer Add-on - £214 + your package.

### 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.

## Female Health

# Advanced Menopause Hormone Profile – £161 + your package.

### Providing clarity.

Our comprehensive Advanced Menopause Profile offers insight into hormonal changes and helps to determine if menopause is being experienced. This simple blood test is designed to provide your employee with clarity during this transitional time and can also assist in planning and adjusting hormone replacement therapy (HRT) tailored to specific needs.

### Menopause can affect the workplace.

“We are so excited to launch the new Advanced Menopause Profile, which, along with a GP consultation to discuss symptoms, can tell women where they are on their menopause journey. So many women confuse perimenopausal and menopausal symptoms for burnout or other lifestyle pressures and vice versa. Our Menopause Hormone Tests give women the information they need to understand what is going on for them and take action.” - Dominique Kent, Bluecrest CEO.

#### Female Health

#### **Advanced Menopause Profile**

The Advanced Menopause Hormone Profile offers a comprehensive assessment to identify menopause, with a simple blood test which analyses 5 key hormones.

This broader analysis provides a more complete picture of your hormone balance, making it especially valuable for women who want detailed insights, whether they are considering hormone replacement therapy (HRT) or are already on it.

#### Female Health

#### **What's included?**

The Advanced Menopause Hormone profile tests for 5 key hormones in the bloodstream:

- Follicle Stimulating Hormone (FSH)
- Sex Hormone Binding Globulin (SHBG)
- Oestrodiol
- Thyroid Stimulating Hormone (TSH)
- Testosterone

The Advanced Menopause Profile includes a private GP consultation.

## Male Health

# Male Hormone Profile – £161 + your package.

## What is the Advanced Male Hormone Profile intended

- 1 Assessing hormone levels**  
The Advanced Profile provides a comprehensive analysis of 9 key biomarkers, allowing for a deeper understanding of hormonal imbalances and their potential impact on various aspects of health.
- 2 Hormonal interactions**  
The Advanced Profile can also provide insights into how hormones interact with each other, which is crucial for identifying underlying issues and tailoring treatments more effectively.
- 3 Optimal health management**  
This profile is particularly beneficial for individuals experiencing complex symptoms or those seeking a detailed evaluation for optimal health management.
- 4 Guiding next steps**  
When considered alongside symptoms, results from this profile can prompt individuals to seek further investigation or consult their GP for personalised advice on managing symptoms.

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## What does the Advanced Male Hormone Profile include?

This comprehensive test offers valuable insights into various aspects of male health - particularly reproductive, metabolic, and emotional well-being.

This broader analysis provides a more complete picture of hormone balance, making it especially valuable for men who want detailed insights.



After the test at one of our clinics, individuals will have a GP consultation included as part of the service. This gives them the chance to discuss the results in detail, with hormone levels interpreted alongside any symptoms. Individuals will receive personalised guidance on the best next steps for you.

Our Advanced Male Hormone Profile can be added to any of our business packages for:



**£161**

## Mammography - £269 + your package.



**Why Choose Breast Screening?**  
**Early Detection Saves Lives**

Breast screening is an essential tool for women aged 40 and older, who do not have a genetic predisposition to breast cancer, to identify potential problems early.

### **Effective Detection**

Mammograms are highly effective in identifying breast cancers when they are small and less likely to have spread. Early detection means treatment is more likely to be successful.

### **Benefits of Breast Screening**

Screening can uncover breast cancer at an early stage, even when anomalies are too small to see or feel. While breast screening doesn't prevent cancer, it significantly increases the chances of successful treatment and saves lives.

### **Eligibility for Mammograms**

Routine breast screening is offered to all women aged 40 and above who do not exhibit common signs of breast cancer. For women under 40, routine screening is not recommended due to unclear benefits and potential risks outweighing modest advantages.

Mammography  
can be added to any  
Bluecrest business  
package for

**£269**