



Health Assessments

Our health assessments provide a deeper understanding of your health, highlighting what is working well, what deserves attention, and the steps you can take to protect your long-term wellbeing. Every package includes a detailed medical report with optional consultations to interpret results and create a personalised plan.

Package Comparison at a Glance

Investigation	Comprehensive £350 / £450	Advanced £450 / £550	Energy & Fatigue £195 / £295	Full MOT £750
Full Blood Count	✓	✓	✓	✓
Lipid / Cholesterol Panel	✓	✓	—	✓
Liver Profile	✓	✓	—	✓
Kidney Profile	✓	✓	✓	✓
Full Thyroid Screen	✓	✓	✓	✓
Vitamin B12 & D	✓	✓	✓	✓
Iron Panel	✓	✓	✓	✓
HbA1c & Glucose	✓	✓	✓	✓
Cortisol & CRP	✓	✓	✓	✓
Testosterone / Hormones	✓	✓	—	✓
hs-CRP (high sensitivity)	—	✓	—	✓
Autoimmune / Rheumatoid	—	✓	—	—
Cancer Markers (PSA/CA-125)	—	✓	—	✓
H. pylori	—	✓	—	—
Thyroid Antibodies	—	✓	✓	—
Folate & Magnesium	—	—	✓	—
ECG (heart tracing)	—	—	—	✓
Spirometry (lung function)	—	—	—	✓
qFIT Bowel Cancer Screen	—	—	—	✓
Physical Exam (45 min nurse)	—	—	—	✓
Doctor Results Review	Optional	Optional	Optional	✓ 30 min
Full Medical Report	✓	✓	✓	✓

Comprehensive Health Check Blood Test

A thorough overview of your general health —organ function, nutritional status, hormonal balance, metabolic health, and inflammation markers. Our most popular starting point, and an excellent annual health review.

Blood test only: **£350** | With consultations: **£450 (including two consultations)**

Advanced Health Check Blood Test

Everything in the Comprehensive panel, plus deeper investigation into inflammation, autoimmune markers, gastrointestinal health, expanded hormonal screening, and preventative cancer markers. For those who want the complete picture.

Blood test only: **£450** | With consultations: **£550 (including two consultations)**

Energy & Fatigue Panel

For anyone exhausted and wanting to know why. This panel targets the most common underlying causes of persistent tiredness and low energy — giving you answers, not guesswork.

Blood test only: **£195** | With consultations: **£295 (including two consultations)**

Full MOT Health Check — £750

Our most comprehensive clinician-led assessment — designed for complete reassurance, early detection, and a thorough review of your health from every angle. This is not just a blood test. It is a full clinical picture, delivered with dedicated time at every stage.

- 1 Initial Consultation with Senior Nurse Specialist (45 min)**
Full health history, current symptoms, lifestyle, and concerns. Physical assessments including blood pressure, cardiovascular health, respiratory function (spirometry), abdominal assessment, and joint health review.
- 2 Investigations & Laboratory Testing**
Full comprehensive blood test plus ECG, spirometry, qFIT bowel cancer screening, and cancer awareness markers (CA-125 / PSA). All findings compiled into a full medical report.
- 3 Results Review with Senior Doctor (30 min)**
Every finding explained clearly in plain language. Your doctor highlights anything warranting attention, advises on further investigations, and provides personalised recommendations.
- 4 Bespoke Additions Available**
Specific concerns? We are happy to tailor your MOT with additional tests or assessments.

Frequently Asked Questions

Q · How quickly are results available?

Results are typically available within 3–5 working days. Urgent processing can be arranged — let us know when booking.

Q · Can I add extra tests to a package?

Yes. Our assessments are designed to be flexible. Call us and we will build the right package around your specific concerns.

Q · Is a doctor consultation included?

Every package includes a full medical report. Optional consultations are available to walk you through your results and create a personalised plan.

Scans & Imaging

Where clinical assessment indicates the need for imaging, we offer ultrasound scans in-clinic and can arrange referrals for MRI, CT scans, and X-rays through our network of trusted providers. Your doctor will advise on what is appropriate based on your individual presentation.

- **ECG (*in-clinic*)**
- **Ultrasound scans (*in-clinic*)**
- **MRI scan (*referrals*)**
- **CT scan (*referrals*)**
- **X-ray (*referrals*)**

If you have been advised elsewhere that you need a scan and are facing a long wait, call us. We can often facilitate faster access through our referral network.

Book Your Appointment Today

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