

THE EXECUTIVE EXPRESS

The EXECUTIVE EXPRESS is an hour long assessment incorporating the fundamentals of a comprehensive health assessment - a physical examination, ECG and blood work focusing on the current state of health and personal risk profiling of cardiovascular disease and cancers. This is a MUST for every business person and individual that values their health.

PRE-APPOINTMENT

Pathology will be collected by a clinical pathology service. Our clients must attend one of the conveniently located centres at least 4 days prior to their assessment. Pathology includes:

Full Lipid Profile (Cholesterol, HDL, LDL, Triglycerides), Blood Glucose, Liver Function, Kidney Function, Full Blood Count, Prostate Specific Antigen (Men), Uric Acid, Thyroid Stimulation Hormone (Women).

A Health and Lifestyle Questionnaire will be completed by the client before the assessment to be analysed during their appointment.

THE APPOINTMENT

The Coronary Risk and Heart Evaluation component includes conducting a resting ECG as well as analysing the client's height, weight, waist/hip ratio, blood pressure, and resting heart rate.

The Medical Examination, conducted by the Doctor component includes a medical/lifestyle evaluation including examining the eyes, ears, mouth, respiratory system, cardiovascular system, abdominal system, genitourinary system, and a skin cancer check, bowel cancer screening kit, prostate check, breast check, and urinalysis. All results will be discussed with the client at the time of their consultation and an ongoing management plan formulated.

Shower and dressing facilities are available on site.

Ongoing Care can be provided in the form of follow-up appointments, referral letters, and prescriptions.

POST-APPOINTMENT

A comprehensive health and lifestyle report will be sent to the client including any results from their assessment, as well as detailed recommendations from the Doctor.

