

## THE PREMIUM PLUS

Our most **thorough** and **popular** assessment, the PREMIUM PLUS aims at protecting the health and productivity of the staff of your company. Executives who put their health on the back burner while focusing on their career may be overlooking key health risk factors that could affect their long term career goals. The PREMIUM PLUS assessment is the ultimate approach in preventative medicine with goals of long term good health and wellness.

The assessment is approximately 2 hours, comprised of consultations with both the Doctor and Exercise Physiologist.

### 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** includes conducting a resting ECG, stress (treadmill) test ECG, Ankle:Brachial index (a look for evidence of plaque in the arteries), as well as analysing the client's height, weight, waist/hip ratio, body composition and fat measurement, blood pressure, and resting heart rate.

**The Exercise Physiology Review** includes a nutrition evaluation, an exercise prescription, some lifestyle recommendations, as well as some injury prevention techniques and stretches.

**The Medical Examination** 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, pap test, and urinalysis. A hearing and lung function test will be conducted as well.

**Shower and dressing facilities** are available on site.

**Complete Ongoing Medical Management** can be provided in the form of follow-up appointments with our Medical and/or Allied Health Practitioners, referral letters to specialists, 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 both the Doctor and Exercise Physiologist.