

## THE PREMIUM

The PREMIUM Assessment is a comprehensive health check, designed for busy executives or individuals, including an exercise stress test assessing fitness, blood pressure response to exercise and evidence of arterial disease. A full snapshot of the client's health status and risk factors is provided.

The assessment is approximately 1.5 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 and a stress (treadmill) test ECG, as well as analysing the client's height, weight, waist/hip ratio, 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** 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.

**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.

