

## **Health Screening**

Keeping fit and healthy is vital if we are to enjoy life to the full. Regular exercise, a balanced diet and screening are all ways of helping to safeguard our health throughout our lives. For most people, screening reassures them that they are in good health, but for a minority it can uncover potentially serious illness in its early stages.

Health screening also allows you to talk about health concerns in complete confidentiality; routine results are not passed on to your GP but should anything serious be found the clinic will write to your doctor once it has your permission.

## **Health Screenings with Dr Parry and the Practice Nurse:**

	Executive	Wellman/Woman
Consultation & full examination 75 mins	Yes	No
Consultation & full examination 60 mins	No	Yes
Questionnaire	Yes	Yes
Written report	Yes	Yes
Blood Pressure & Pulse	Yes	Yes
Height, Weight & BMI	Yes	Yes
Visual Tests	Yes	No
Urinalysis	Yes	Yes
Audiogram	Yes	No
Lung function tests	Yes	No
Waist/hip ratio	Yes	Yes
Blood tests	Yes	Yes
Resting ECG	Yes	Yes
<b><u>Optional extras:</u></b>		
PSA blood tests (M)	Yes	Yes
Cervical smears (F)	Yes	Yes

## **Occupational Health**

Despite the fact that various occupations carry certain health hazards, no obligation on employers to provide appropriate vaccinations. Our clinic offers immunisation against Hepatitis B and other serious illnesses, including Flu.

Patients benefit from an initial consultation and receive a certificate of vaccination. In addition to individual vaccinations, corporate programmes can be tailored to suit the needs of employers.

## **Corporate Health Screening**

Employers are increasingly recognising the benefits of corporate health screening in helping their employees stay healthy and well motivated. This has been shown to enhance productivity as well as improving employee moral. We offer a nurse led mini-screening for companies.

## **Health Screening with Practice Nurse**

Mini-screen 30 minutes

Mini-screen domiciliary  
Companies (\*) 20 mins

Questionnaire	Yes	Yes
Blood Pressure	Yes	Yes
Pulse	Yes	Yes
Height & Weight	Yes	Yes
BMI	Yes	Yes
Urinalysis	Yes	Yes
Cholesterol	Yes	Yes
Resting ECG	Yes	No
Results Sheet	Yes	Yes