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# HEALTH SCREENINGS

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LIVING WELL,  
FOR LONGER.

## BETTER HEALTH STARTS HERE

Effective therapy depends on an accurate diagnosis. Our preventative health screenings bring us one step further in gathering all the information necessary to ensure everyday life is more enjoyable and pain-free. We are committed to tailoring a bespoke diagnostic assessment and health plan, focused on eradicating complaints and preventing future health issues.

With a specific focus on preventative medicine, state-of-the-art medical diagnostics and integrative medicine, we believe that understanding your physical condition is crucial as you embark on your personal health journey.



We carry out individualised check-ups at Lanserhof at The Arts Club to promote better health and detect illnesses at an early stage.

Our diagnostic tests serve as the foundation for further examinations, treatments and a personal health plan, specific to your needs. These sophisticated levels of health screenings afford true insights into your physical condition and the ability to closely monitor progress.

The clinic combines the very best in research, innovative technology and medical expertise, allowing you to live a longer, healthier and fuller life by focusing on the most valuable thing of all - your health.

Dr Ursula Levine  
General Practitioner

## PERSONALISED HEALTH

The most important prerequisite for successful therapy is correct diagnosis. Our examination procedures are capable of detecting changes to your health at an early stage. We then create your personalised treatment plan based on these results.

We offer a comprehensive examination under one roof, saving you the time-consuming search for specialists and giving you more time for the essentials.

The all-round preventative programme for your health: our interdisciplinary team of doctors and therapists provide you with examination programmes tailored to your needs in order to recognise possible illnesses at an early stage to keep you healthy.

After a detailed consultation, we are able to share our recommendations with your GP and initiate further therapies if necessary.



## SCREENING OPTIONS

Each screening commences with an initial consultation with a GP and concludes with a consultation to go through the findings in your detailed medical health report. Crucially, we will then explain our recommendations and arrange a virtual follow up consultation at a later date to review your progress.

The following three screening plans are examples of how a plan might look, but a personalised screening plan is always the preferred option.

### CLASSIC SCREENING

The Classic screening begins with a Lifestyle Consultation with our GP, followed by relevant diagnostic assessments such as detailed blood testing, cardiology, ultrasound imaging and a functional movement analysis in our Spine / Movement Labs. This screening also looks at your vital health indicators such as body composition, liver function and thyroid.

£5,000

### COMPREHENSIVE SCREENING

The Comprehensive screening offers a more detailed look into potential risk factors as well as a thorough preventative health plan. The screening begins with an initial GP consultation and comprises detailed blood testing (including hormone and liver health profiling), imaging using both MRI and ultrasound, cardiac screening as well as an orthopaedic consultation and comprehensive functional movement assessments in our Spine / Movement Labs. Following these, we will also offer a Chiropractic assessment and session with our integrated strength and conditioning coaches to look at a bespoke training programme.

£7,000

### QUINTESSENTIAL SCREENING

The Quintessential screening is the ultimate assessment for those who have specific concerns or would like an extensive diagnosis. As well as detailed blood testing, imaging and functional movement assessments in the state-of-the-art Spine / Movement Labs, this screening also includes a detailed cardiac MRI scan with contrast.

£9,000

## PERSONALISE YOUR HEALTH SCREENING

Following your initial consultation, further diagnostic assessments can be arranged to investigate specific concerns. These include, but are not limited to, the following:

MRI for body composition analysis

Cardiology

- Cardiac MRI
- Cardiac CT
- Cardiac Angiogram

Male and Female Health

- MRI scan of prostate with contrast
- Ultrasound for prostate or female health



# SCREENING OPTIONS

	Classic	Comprehensive	Quintessential
<b>GP</b>			
- Initial GP Consultation (1 hour)	•	•	•
- Follow-up Consultation (30 mins)	•	•	•
- Discharge Consultation (1 hour)	•	•	•
- Virtual follow-up (6 months later)	•	•	•
<b>NURSE</b>			
- Nurse Assessment	•	•	•
<b>PERSONAL TRAINER</b>			
- 3D Body scan	•	•	•
<b>IMAGING</b>			
- 4 part MRI		•	
- 5 part MRI including Cardiac MRI with contrast			•
<b>ULTRASOUND</b>			
- Abdomen and Renal Tract	•	•	•
<b>CARDIOLOGY</b>			
- Consultation with Cardiologist	•	•	•
- Follow-up Consultation	•	•	•
- Echocardiogram	•	•	•
- Resting ECG	•	•	•
- CPET (VO2 max) Test		•	•

	Classic	Comprehensive	Quintessential
<b>SPORTS PACKAGE</b>			
- Orthopaedic Consultation	•	•	•
- Movement Lab/ Spine Lab	•	•	•
- Strength and Conditioning Coaching		•	•
- Chiropractic Assessment		•	•
<b>PATHOLOGY</b>			
Screening blood test including:			
- Biochemistry profile	•	•	•
- Calcium	•	•	•
- Erythrocyte sedimentation rate(ESR)	•	•	•
- Fasting blood glucose	•	•	•
- Ferritin	•	•	•
- Full haematology profile (FBC)	•	•	•
- HbA1c (diabetes test)	•	•	•
- HsCRP	•	•	•
- Iron and total iron binding capacity (TIBC)	•	•	•
- Lipid profile	•	•	•
- Liver function test	•	•	•
- Magnesium	•	•	•
- Thyroid function test	•	•	•
- Total cholesterol	•	•	•
- Urea and electrolytes	•	•	•
- Urine analysis	•	•	•
- Vitamin D	•	•	•





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