



Your HealthCheck Information Pack



HealthCheck Packages

Guide below lists the tests included in each screening package.



HealthCheck

1. Blood pressure (BP) measurement
2. Height and weight measurement
3. Waist circumference measurement
4. Body fat composition measurement (bioimpedance)
5. Cardiovascular and diabetes risk calculation
6. Blood tests
 - Fasting glucose and haemoglobin A1c
 - Fasting lipid profile
 - Full blood count
7. Resting electrocardiogram (ECG)
8. Breast or testes examination
9. Physical examination

HealthCheck Enhanced

1. Blood pressure (BP) measurement
2. Height and weight measurement
3. Waist circumference measurement
4. Body fat composition measurement (bioimpedance)
5. Cardiovascular and diabetes risk calculation
6. Blood tests
 - Fasting glucose and haemoglobin A1c
 - Fasting lipid profile
 - Full blood count
 - Thyroid function tests
 - Renal, liver and bone profiles
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8. Breast or testes examination
9. Physical examination

HealthCheck Executive

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4. Body fat composition measurement (bioimpedance)
5. Cardiovascular and diabetes risk calculation
6. Blood tests
 - Fasting glucose and haemoglobin A1c
 - Fasting lipid profile
 - Full blood count
 - Thyroid function tests
 - Renal, liver and bone profiles
 - PSA (Prostate Specific Antigen) *Males only, subject to clinical criteria
7. Resting electrocardiogram (ECG)
8. Breast or testes examination
9. Physical examination
10. Vision test
11. Hearing test (audiometry)
12. DRE (Digital Rectal Examination) *Males only, performed in conjunction with PSA blood test

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Complete your **checklist**

To help make your appointment run smoothly please:

☐

Complete the Medical Questionnaire in advance and bring it with you.

☐

Read the Consent Form but do not sign it in advance.

☐

Remember to **fast for 8 hours**, but you should still drink water (see page 9).

☐

Let us know in advance if you have **any special requirements** (e.g. access or doctor gender).

☐

Arrive 20 minutes prior to your appointment time to check-in at reception as if you are late we may not be able to proceed (see page 4).

☐

If you are unwell or taking antibiotics you should **contact us to reschedule your visit**.

☐

Bring credit/debit card (if payment required).

☐

Should you **need to cancel or reschedule** your appointment, please try to call us at least 5 days before on **056 775 3010**.

About your HealthCheck from Vhi 360

What a HealthCheck is

At Vhi 360 our HealthCheck service is provided for you, in order to assess relevant and specific aspects of your health. Our goal is to help identify important factors that may cause potential health issues for you now and possibly in the future. Very simply, your HealthCheck is aimed at equipping you and your GP with the necessary information to address any current health issues and help reduce your risk of future health conditions.

The tests we perform are chosen based on identifying certain medical conditions that are quite common in the general population. Early detection is extremely important for any condition, enabling it to be treated or even prevented.

- HealthChecks are used to identify the risk for development of diabetes, cardiovascular disease and other chronic conditions rather than as diagnostics.
- Some tests are only undertaken for people that meet certain clinical criteria. The appropriateness or otherwise of certain tests will be discussed with you by the Vhi doctor.
- For many people the main result of their HealthCheck is some advice and recommendations from Doctors as to how best they can bring about positive changes towards a healthier, happier lifestyle. Alternatively, medical issues may have been identified by the HealthCheck that need more specific attention and treatment.
- Your HealthCheck is the key first step in preventative medicine taken by you, so well done. However, if you are advised by the Vhi Doctor to discuss an issue with your GP or take other recommended actions, it is very important that you do so.

- The purpose of a HealthCheck is to take a snapshot of certain aspects of your health at a given point in time. The absence of evidence of particular conditions at that point in time does not mean you will not develop these conditions in the future. It does not mean that there are no health issues that outside of the scope of HealthCheck nor that you are free from the possibility of health issues. Remember to talk things through with your GP if you have symptoms that you are concerned by or if you need further explanation of the results and advice that you receive at your HealthCheck.
- The purpose of a HealthCheck is not to evaluate pre-existing conditions. Any established or diagnosed illnesses should be monitored and treated by your own GP and we cannot provide a second opinion.
- Due to time limitations of our appointments, there may be other questions that fall outside the scope of our HealthCheck service, which you should discuss with your own GP.

Reasons to postpone your HealthCheck

- If you are unwell or taking antibiotics you should contact us to postpone your appointment as your test results may be affected.
- The results for pregnant or breast-feeding women will also be affected by hormonal changes, so we would recommend you postpone your appointment if this applies to you.
- If you have recently had the same tests done with your GP or another provider it is best to leave a gap of at least 6 months before repeating (longer for some tests), as natural variations in your body may lead to slightly different results.

How to prepare for your HealthCheck

What should I wear for my appointment?

Some of the tests require preparation, see Checklist on page 2 and further details on following pages. Please wear comfortable loose clothing that can be easily removed for certain examinations. Dignity will be maintained at all times.

Can I change my appointment?

Yes, you can change your appointment date and time but please try to give us 5 working days notice. Call 056 775 3010 to check availability and reschedule.

What if I have additional needs?

If you have any special requirements, please let us know in advance and we can advise you on access and have extra staff available to assist if required.

What you can expect on the day of your HealthCheck

What happens if I am running late?

Please arrive 20 minutes before your appointment time to allow for check in. If you are more than 20 minutes late you will miss your allocated appointment time. We will do our best to fit you into another empty appointment slot the same day.

How can I pay?

Please bring a credit/debit card to settle any outstanding screening charges. Payment will be taken at reception when you arrive. For security reasons we cannot accept cash payments.

How long will it take?

Your appointment usually takes approximately two and a half hours. Whilst we try to run on time, occasionally appointments over-run. Should this occur, we will keep you informed.

Can I bring someone with me?

Yes, you can bring someone with you if required and the person must be over 18 years of age.

What will happen on the day, step by step?

1. You will be asked to check in at reception upon your arrival.
2. A Vhi Nurse will then take you into a private screening room to carry out the first part of the health assessment.
3. There's a waiting room for after your Vhi Nurse consultation, where you will be brought to a waiting room after the nurse consultation where you can avail of light refreshments.
4. Your Vhi Doctor will then take you to a private consulting room to perform the remaining

tests and any other necessary examinations. Following completion of all your tests the Vhi Doctor will discuss your available results and your questionnaire.

Please note that the results of the blood tests will not be available on the day of attendance. The Vhi Doctor will also provide relevant lifestyle advice including:

- Weight
- Diet
- Exercise
- Smoking and Alcohol

What happens if you find something serious?

On occasion potentially serious or urgent issues may be identified during the screening process. The Vhi Doctor will discuss any such concerns with you and will advise you on the appropriate steps to take. They will provide you with a clear plan of action and will contact your GP directly to ensure that your GP is aware of the issue so they can deal with it quickly and efficiently.

Sometimes the Vhi Doctor will need to discuss non-serious issues with you that are easier to explain one to one, over the phone. If you happen to miss their call, they will attempt to call you back on two further occasions.

After your HealthCheck

Will I have to come back again?

On occasions some people may need to return for a repeat test to confirm a result (at no extra cost). We will contact you by phone to make an appointment if this is required.

When will I get a copy of my results?

Following your HealthCheck, you will receive a Medical Report and a copy will be sent to your GP. If a serious issue is identified on your results you will be contacted before you receive your report. The report also includes lifestyle advice, a summary of what was discussed at your consultation, and a summary of what you are advised to follow up with your GP.

What do I need to do next?

For your HealthCheck to be of value it is important that you arrange to see your GP to discuss any issues identified, so that they can be appropriately

managed. It is also advisable to bring your copy of the report with you just in case your GP doesn't have it to refer to.

Note: Follow-up GP visits and any further investigations or treatments are not included in the cost of the HealthCheck, but you may be able to submit the receipts as part of an out-patient claim subject to the usual terms and conditions of your health insurance plan.

If you do not understand the results please contact the clinic and a call back can be arranged.

Individual tests

explained in detail

Blood pressure (BP) measurement



Description of test

- When your heart beats it pumps blood around your body and as it moves it pushes against the sides of the blood vessels. This is your blood pressure. During each heart beat your BP varies between a maximum (systolic) and a minimum (diastolic) pressure. We will measure your blood pressure using an inflatable cuff on your arm.

Purpose of test

- If your BP is too high it puts extra strain on your heart and blood vessels. This increases your risk

of heart attacks, strokes and other cardiovascular problems. We will tell you your BP measurement and provide advice if it requires follow up.

Who is suitable for the test?

- Everyone.

Preparation for test

- You will need to remove clothing from your upper arm to perform the measurement.

Height and weight measurement



Description of test

- Height and weight are measured and these are used to calculate body mass index (BMI). It is a measure of your weight in kilograms related to your height in metres.

Purpose of test

- BMI is used by healthcare professionals to assess if someone's weight is putting their health at risk.

Who is suitable for the test?

- Everyone.

Preparation for test

- You will need to remove your shoes and coat/jacket or heavy clothes for the weight measurement.

Waist circumference measurement



Description of test

- A Vhi Nurse will use a tape measure to measure around your waist.

Purpose of test

- Being overweight is a risk factor for heart disease and diabetes, but the way fat is distributed over the body can also be an indicator. People who store fat around their organs and middle are at higher risk.

Who is suitable for the test?

- Everyone.

Preparation for test

- You will need to remove your coat/jacket or thick outer clothes for the waist measurement.

* Colour-coded hearts determine which screening package test is included. Details on page 2.

Body fat composition measurement (bioimpedance)



Description of test

- Bioelectrical impedance measures the resistance of body tissues to the flow of a small harmless electrical signal. Electricity flows more easily through the parts of the body that are composed mostly of water (such as blood, urine and muscle) than it does through bone, fat or air.

Purpose of test

- This test gives a measure of body composition known as body fat percentage.

Who is suitable for the test?

- This test is suitable for anyone that does not have an implanted pacemaker. You will need to stand on the scales for this test.
- Patients with spinal cord stimulators are also not suitable for the test.

Preparation for test

- You will need to remove shoes and should be in your bare feet.

Cardiovascular and diabetes risk calculation



Description of test

- The information from your Medical Questionnaire and your measurements will be put into internationally recognised formulas to calculate your risk of developing cardiovascular disease or diabetes in the future.

Purpose of test

- Knowing your current risk of developing these conditions in the future will help you identify lifestyle changes you can make to reduce this risk.

Who is suitable for the test?

- Diabetes risk calculation is not carried out on known diabetics.
- Cardiovascular risk score is not calculated for people under 40 years of age.

Preparation for test

- Completing Medical Questionnaire.

* Colour-coded hearts determine which screening package test is included. Details on page 2.

Blood tests

Description of test

- The Vhi Nurse will take four blood samples. This procedure may cause temporary discomfort and occasional bruising, but this does not happen often.

Purpose of test

- The samples will be analysed in a laboratory for:



Fasting glucose and haemoglobin A1c

Glucose and haemoglobin A1c tests are used to diagnose diabetes and pre-diabetes.

Fasting lipid profile

Lipid profile refers to certain cholesterol measurements. There are a number of different forms of cholesterol in your blood and we will measure some of these. We will measure total cholesterol, triglycerides, high density lipoprotein (HDL; “good cholesterol”) and low density lipoprotein (LDL; “bad cholesterol”) cholesterol.

Full blood count

A full blood count (FBC) is a test that counts the number and size of the 3 types of blood cells (red cells, white cells and platelets). It can give us very useful information about your health status.



Thyroid function tests

Thyroid function tests are blood tests which help to check the function of the thyroid gland. They are mainly used to detect hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid).

Renal, liver and bone profiles

These common laboratory tests are used to evaluate how well the kidneys and liver are working. Bone profile tests measure calcium, phosphate and bone enzymes, which can be altered by some diseases.



PSA (Prostate Specific Antigen)

The blood test is performed on the same sample as the other blood tests, and measures the level of Prostate Specific Antigen (PSA) in the blood. PSA is a substance made by the prostate gland, which naturally leaks out into the blood stream. This blood test is only performed in conjunction with the Digital Rectal Examination.

Who is suitable for the test?

- Everyone.

Preparation for test

- You will need to **fast for 8 hours** before these tests to ensure that your glucose and cholesterol tests are accurate.
- During this time you should not consume food or beverages, although you should drink plenty of water to avoid dehydration. It is not advisable to greatly exceed the 8 hours fasting time. During fasting you can take all regular medication as prescribed, unless it needs to be taken with food, and then you should delay taking your medication until after your appointment. Avoid alcohol, smoking and vigorous exercise the night before your appointment.
- If you have been diagnosed with diabetes you **should not fast**, as your insulin/medication may cause a dangerous hypoglycaemic (low glucose) episode. This will affect the results of your glucose and some of your lipid tests, but the Vhi Doctor will discuss this with you. Please inform staff if you are diabetic.

* Colour-coded hearts determine which screening package test is included. Details on page 2.

Resting electrocardiogram (ECG) test



Description of test

- An instrument, called an electrocardiograph, is used to measure the electrical signals generated by the heart. The ECG test is painless. The ECG machine records electrical impulses coming from your heart, it does not put any electricity into your body. Small pads are placed on your arms, legs and chest. Wires from the ECG machine are connected to the pads and the machine records the electrical impulses.
- As part of this test the Vhi Doctor will ask about any personal or family history of heart problems, any symptoms you may have and will listen to your heart. This will help us to advise you regarding the results of your ECG test.

Purpose of test

- An ECG can show up abnormalities in the electrical activity of your heart. Some may indicate problems, but some can also be very minor and do not require follow-up.
- A Vhi Doctor will interpret the test results and discuss them with you on the day. Afterwards the ECG results may also be reviewed by a Specialist and, in the event that any issues arise with your ECG, we will contact you to discuss any further action that might be needed.

- Please be aware that the ECG is a screening test performed at a single point in time. A normal ECG cannot definitively say that you do not have a problem or that you will not develop one in the future.
- The ECG also detects minor changes which may not be of any significance, or it may not be clear from the test how significant they are, and you may need to discuss the results with your own GP to see if further investigations are required.

Who is suitable for the test?

- Everyone can have this test, however for people with an existing heart condition the results of the ECG test may be more difficult to interpret. If this impacts you the Vhi Doctor will discuss it with you, and will advise you how best to use the information from the ECG.

Preparation for test

- It is advisable not to wear body cream or moisturiser on the day of your appointment, as this can stop pads sticking to skin.

Breast or testes examination



Description of test

- If you have chosen to have a testicular examination and/or a breast examination this will be performed by the Vhi Doctor.

Purpose of test

- The aim of these examinations is to identify any suspicious findings that might require further investigation.

Who is suitable for the test?

- Everyone.

Preparation for test

- If you wish, we can arrange on the day for a chaperone to be present.
- If you wish to request that a Vhi Doctor of a specific gender does these examinations please let us know in advance and we will try to facilitate.

* Colour-coded hearts determine which screening package test is included. Details on page 2.

Physical examination



Description of test

- The Vhi Doctor will perform a physical examination that, combined with your test results, gives useful screening information.
- Your medical and family history will be used by the Vhi Doctor to guide any other specific physical examinations that would be beneficial to you.

Purpose of test

- The aim of this examination is to identify physical signs that assist in interpreting your screening test results. The results will be discussed with you during the appointment.

Who is suitable for the test?

- Everyone.

Preparation for test

- If you wish, we can arrange on the day for a chaperone to be present.
- If you wish to request that a Vhi Doctor of a specific gender does these examinations please let us know in advance and we will try to facilitate.

Vision test



Description of test

- During the vision test we will measure your distance vision and colour vision.

Purpose of test

- The test can indicate problems that you may need to follow up with an Optician. The test does not check for glaucoma or problems in the back of the eye such as macular degeneration.

Who is suitable for the test?

- Everyone.

Preparation for test

- You must bring your current glasses (all glasses if you have more than one pair) or wear your contact lenses as vision testing cannot be performed properly without them.

Hearing test (also known as audiometry)



Description of test

- Before testing your hearing we will ask a few questions about your hearing and will look into your ears. Your hearing will then be tested using an audiometer. You will hear a series of quiet beeps or tones lasting 1 or 2 seconds each, in one ear at a time. You will indicate when you hear each tone, and this will be used to assess your overall hearing ability.

Purpose of test

- The results tell you whether your hearing falls

within the normal range. This is a screening test rather than a diagnostic test, and more detailed testing may sometimes be required to confirm and explain any findings.

Who is suitable for the test?

- Not suitable for anyone with hearing aids.

Preparation for test

- None.

* Colour-coded hearts determine which screening package test is included. Details on page 2.

Prostate cancer screening



Description of test

- Screening for prostate cancer involves both a blood test (PSA) + digital rectal examination (DRE) of your prostate gland.
- The blood test is performed on the same sample as the other blood tests, and measures the level of Prostate Specific Antigen (PSA) in the blood. PSA is a substance made by the prostate gland, which naturally leaks out into the blood stream.
- The Vhi Doctor will also perform a digital rectal examination (DRE) by inserting a gloved finger into the back passage (bottom) to feel the prostate gland. PSA is not considered a routine test, so before you proceed with prostate cancer screening, the Vhi Doctor will discuss it with you and a shared decision will be made before proceeding.
- If you do not wish to proceed with the DRE it is not possible to have the PSA test done as both are required when screening for prostate cancer, and one test on its own can give misleading results.

Purpose of test

- If your DRE is abnormal (indicating an enlarged prostate gland) the Vhi Doctor will discuss this with you at your screening visit and advise you regarding follow up care.
- If your PSA result is elevated you will be advised to arrange to repeat the test in 6 - 12 weeks with your GP.
- A raised PSA can be an early indication of prostate cancer before symptoms develop.
- The PSA test cannot distinguish between slow growing cancers that may never cause any symptoms or shorten life, and fast growing cancers that need treatment.
- Other conditions which are not cancer (e.g. enlargement of the prostate, prostatitis, urinary infection) can also cause a rise in PSA. Approximately 2 out of 3 men with a raised PSA level will not have prostate cancer.

Who is suitable for the test?

Prostate cancer screening will be considered for the following people:

- All 50 - 69 year old men.
- Men greater than 70 years of age with no symptoms, healthy and fit with a life expectancy greater than 10 years.
- Men under 50 years of age with no symptoms (especially if in higher risk group, with a first degree male relative - blood relative i.e. father/brother with a history of prostate cancer or of Afro-Caribbean origin)

The PSA test is not suitable if any of the following apply:

- You have had a prostate biopsy or TURP in the last 6 weeks.
- You have had an active urinary infection, or prostatitis in the last 6 weeks.
- You are not willing to have a digital rectal examination (DRE).
- You present with other medical factors which make prostate cancer screening unsuitable (to be discussed with the Vhi Doctor) .
- You already have symptoms related to prostate cancer.

The Doctor will discuss your suitability for the test on the day of screening.

* Colour-coded hearts determine which screening package test is included. Details on page 2.

Patients' responsibilities

As well as having rights, everybody has responsibilities, and we would kindly request that you please observe the following when visiting us:

- Notify us as soon as possible if you will be late or unable to attend an appointment
- Do not smoke in our premises
- Treat staff and other visitors with courtesy and respect
- Observe any instructions given regarding health and safety and the screening process
- Provide us with accurate health information, as this will form the basis of your assessment
- Accept responsibility for managing your own health and follow the advice of the assessing Vhi Doctor in seeking further treatment when advised to do so

Patients' rights

Every patient in Ireland has the right to expect that the healthcare services they receive are of a high standard. This section outlines some of the patient rights that we believe you are entitled to in every healthcare setting and describes what we are doing to make sure that you receive quality care from us.

Dignity and respect

You have the right to be treated with respect, dignity and consideration for your religious and philosophical beliefs and values. If you have any special requirements please do not hesitate to contact us in advance of your appointment.

Withdrawal from process

At any point, you have the right to discontinue the screening process. If you wish to withdraw, please let a member of staff know and we will talk to you about issuing your results up to that point.

Accessibility and mobility

We offer our services to customers based on medical appropriateness, and all people have the right to equal access as long as the tests are medically suitable. We are also committed to ensuring that access to our Centres is made as easy as possible for everyone.

Safe and positive services

We provide services in a safe environment, delivered by competent, skilled and trusted professionals. If you have any concerns about the facilities please let a member of staff know.

Communication

At all stages of the process it is our aim to provide you with information about the tests, results options and costs in a language you understand. If there is anything you are unsure of, or if you require further explanation, please ask any member of staff.

Information

You have the right to be informed of the name of any person involved in your care. All of our clinical staff wear name badges and introduce themselves, but if you are not sure who someone is or want any further information, please do not hesitate to ask.

Training and audit

Occasionally, for training and audit purposes, a second Nurse or Doctor may be present at your appointment. This is to help us improve the quality of the services we provide. Your permission will be sought when this happens, and you have the right to refuse.

Participation

You have the right to be involved in decisions regarding your health and no tests will be done without your informed consent. You also have the right to ask someone to accompany you during your appointment.

Comment

We value your comments and views about our services. You will be given the opportunity to participate in a feedback survey after your appointment. The results will be kept anonymous and will be analysed and used to improve our service. We aim to provide you with the highest levels of service. However, should any aspect of the service fall below your expectations we are eager to hear about it. We have a complaints procedure, and any member of staff can take the details of your comments or concerns and we will treat any complaint objectively with courtesy and respect. We will investigate your comments thoroughly and you will be informed of the outcome as soon as possible.

If you prefer to submit a complaint online, you can do so on www1.vhi.ie/contact, or you can email us on info@vhi360.ie

Data policy

Vhi Health & Wellbeing DAC of Vhi House, Lower Abbey Street, Dublin 1 (trading as Vhi HealthCheck) is the company that controls and is responsible for processing the personal data in the Screening service. It will process your personal data in accordance with the Vhi Data Protection Statement.

If you would like a copy of the Vhi Data Protection Statement it is available at [Vhi.ie/privacy-policy](https://vhi.ie/privacy-policy), or you can request a copy by calling us on [056 444 4444](tel:0564444444).

Locations

Dublin

Vhi 360 Health Centre
Rockfield Medical Campus
Balally, Dundrum, Dublin 16
D16 A6K5

Parking: Follow the directions for Balally Luas Park & Ride. Vhi spaces are painted purple. If no Vhi spaces are available, you can use Park & Ride spaces for a small fee (please refer to the Luas ticket machine on the Balally station platform or download the APCOA app to complete payment).

Disabled parking spaces are available here and a few at the front of the building on Overend Way.

Cork

Vhi 360 Health Centre
Unit 2001 City Gate
Mahon, Cork
T12 T92V

Parking: Limited spaces in front of the building; some additional spaces in the City Gate underground car park for a fee.

Galway

Vhi 360 Health Centre
Unit 10 An Tornóg
Headford Road, Galway
H91 E2R8

Parking: There are spaces at the front the building.

Contact

Monday - Friday,
9am - 5pm
056 775 3010

