Vhi 360 Health Centre

Your HealthCheck

HealthCheck

Vhi 360 Health Centre

A proactive **health and lifestyle assessment** that provides a **holistic view of your overall health**.

What's included in **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 cholesterol profile
   - Full blood count
7. Resting electrocardiogram (ECG)
8. Consultations and reports
   - This includes a clinical assessment and a lifestyle assessment with a Vhi clinician which will take approximately 2 hours. Discussion on available results and advice on lifestyle and risk prevention. You will receive an individual medical report.

Price **€195***

*Full or partial cover of the cost of the screening may be available as a benefit on Vhi Healthcare's health insurance plans. Subject to excess (please see Table of Benefits for details). Prices are correct at time of print.

Call us on 056 775 3010, Mon - Fri, 9am - 5pm

Vhi Healthcare DAC trading as Vhi Healthcare is regulated by the Central Bank of Ireland and is tied to Vhi Insurance DAC for health insurance in Ireland.

HealthCheck Enhanced

Vhi 360 Health Centre

Provides information to allow you to be **proactive about your health** and make **lifestyle changes** to reduce any risk of **future problems**.

What's included in 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
7. Resting electrocardiogram (ECG)
8. Breast or testes examination
9. Physical examination
10. Consultations and reports
    - This includes a clinical assessment and a lifestyle assessment with a Vhi clinician which will take approximately 2 hours. Discussion on available results and advice on lifestyle and risk prevention. You will receive an individual medical report.

Price **€385***

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HealthCheck Executive

Vhi 360 Health Centre

A **detailed health assessment** to help you take **proactive steps** towards managing your **health and wellbeing.**

What's included in HealthCheck Executive

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
7. Resting electrocardiogram (ECG)
8. Breast or testes examination
9. Physical examination
10. Vision test
11. Hearing test (audiometry)
12. Prostate cancer screening
    medical criteria apply
13. Consultations and reports
    - This includes a clinical assessment and a lifestyle assessment with a Vhi clinician which will take approximately 2.5 hours. Discussion on available results and advice on lifestyle and risk prevention. You will receive an individual medical report.

Price **€490***

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