

April 2022

Health Screening

Reduce your Risk



Vhi Medical Centre

HealthCheck Executive

The packages and services we provide are designed to give you, whatever your life stage, an overview of your health to allow you to be more proactive in managing your health and wellbeing.





Our **HealthCheck Executive** package consists of the following:

- 1 **Measurements** are taken to help our Vhi Doctor assess your general health, risk of cardiovascular disease and risk of diabetes.

* *Blood pressure* * *Height and weight* * *Body mass index* * *Waist circumference*

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- 2 **Blood tests** for analysis of

- *Fasting glucose and haemoglobin A1c* – to assess risk of diabetes and pre-diabetes
- *Fasting cholesterol profile* – to assess cardiovascular risk
- *Renal, liver and bone profiles* – to check for any problems with kidney and liver function
- *Thyroid function tests* – to detect underactive and overactive thyroid
- *Full blood count* – to provide useful information on your health status

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- 3 **Vision test** to check near and far vision, colour vision and visual fields. This is not to be confused with a comprehensive optometry test.

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- 4 **Hearing test** – a pure tone test to check for signs of hearing loss.
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- 5 **Resting electrocardiogram test (ECG)** – a simple test to measure the electrical function of the heart. It is important to be aware that results may require further assessment.

- 6 **Physical examination** – a focused physical examination of your heart, lungs and ears, including a testicular examination for males and a breast examination for females. A male or female doctor may be requested with advance notice.

- 7 **Health and lifestyle consultation** with a Vhi Doctor who will provide advice on cardiovascular risk prevention and the relevant lifestyle advice on weight, diet, exercise, smoking and alcohol.

- 8 **Colorectal cancer screening** using a faecal sample is available for men and women aged between 50 and 74 years who meet specific medical criteria.
Contact us for more details on 056 775 3010.

- 9 **Prostate cancer screening** involves both a blood test and a digital rectal examination of the prostate gland. It is available to all men who meet medical criteria. This will be discussed with the doctor on the day.

- 10 **A medical report** which will be sent to both you and your GP.

Total cost €540 per adult

Book an appointment 056 775 3010 Monday – Friday, 9am to 5pm

Full or partial cover of the cost of the screening may be available as a benefit on Vhi Healthcare's health insurance plans. Prices correct at time of print.

Our aim is to provide you with an overview of your health and to help identify the risk factors which may cause potential health issues for you in the future. This gives you and your GP the necessary information to address these risk factors and reduce your risk of future problems.

The tests that have been selected are based on medical research to identify conditions where early detection and intervention is beneficial, and where screening in the general population is medically appropriate.

These screening programmes are available by appointment in our locations in Harcourt Street in Dublin, Headford Road in Galway and City Gate in Cork. All screening tests are carried out by qualified Vhi Nurses and Vhi Doctors.

For more information, go to [Vhi.ie/360health](https://vhi.ie/360health)

Contact us for full details of your cover on 056 775 3010

