

July 2013

Health Screening

Reduce your Risk



Vhi Medical Centre
HEALTHCARE

Screen Express

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 **Screen Express** 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*

** Hip and waist circumference*

- 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

- 3 **Urine tests** – to investigate for kidney or urinary tract problems.



- 4 Vision test** – to check near and far vision, colour vision and visual fields.

This is not to be confused with a comprehensive optometry test.

- 5 Doctor 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.

- 6 A medical report** which will be given to you on the day and a copy will be sent to your GP.

Total cost €180 per adult

Book an appointment

1890 812 922

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.

At **Vhi Medical Centres** we aim 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 **Vhi Medical Centres** located in Harcourt Street in Dublin and City Gate in Cork. All screening tests are carried out by qualified Nurses and Doctors.

For more information, go to www.vhi.ie/screening

Contact us for full details of your cover at 1890 44 44 44



Tús Áite do
Shábháilteacht **1** Othar
Patient Safety **1** First



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