

Sections	Medical tests*	Advanced	Complete	Essential	Female
Duration	Total duration	150	120	60	60
	Time with the doctor	60	45	30	30
Understanding you	Physical examination and doctor consultation	●	●	●	●
	Medical history and lifestyle questionnaire	●	●	●	●
	Report and personal health action plan	●	●	●	●
Body composition	Body fat percentage test	●	●		
	Height and weight measurement	●	●	●	●
	Waist to height ratio measurement	●	●		●
	Body mass index (BMI) calculation	●	●	●	●
	Metabolic rate calculation – calories required NEW	●	●		
Heart and lungs	Blood pressure and pulse rate measurements	●	●	●	●
	Resting ECG (electrocardiogram)	●	●	●	
	Carbon monoxide NEW	●	●		
	Lung function test	●	●	●	
	Detailed lung function test including flow volume loop	●			
	Measurement of heart efficiency during exercise	●			
	Measurement of lung efficiency during exercise	●			
	Cardiovascular risk score	●	●	●	
	Lung age NEW	●	●		
	Chest x-ray	●	●		
Fitness	Fitness score (VO2 max)	●			
	Body metabolism during exercise – what fuels you burn	●			
	Advice on the best exercise for you	●			
	Strength assessment NEW	●			
	Flexibility test NEW	●			
Blood and urine	Biochemistry profile including liver and kidney function	●	●	●	●
	Full blood count (includes test for anaemia)	●	●	●	●
	Cholesterol profile blood test	●	●	●	●
	Diabetes blood test	●	●	●	●
	Blood in stool test	●	●	●	
	Thyroid function blood test	●	●	●	
	Vitamin B12 blood test				
	eGFR (detailed kidney function test) NEW	●	●		●
Sensory	Urinalysis	●	●		●
	Hearing test	●	●		
	Vision test	●	●		
Female specific	High vaginal swab (if clinically indicated)	●	●		●
	Pelvic examination (if clinically indicated)	●	●		●
	Cervical smear test	●	●		●
	HPV test if indicated NEW	●	●		●
	Breast check	●	●	●	●
	Breast awareness instruction	●	●	●	●
	Rubella antibodies blood test	●	●		●
Male specific	Testicular examination	●	●	●	
	Testicular awareness instruction	●	●	●	
	Prostate cancer blood test	●	●		
Lifestyle	Dietary assessment	●	●		
	Diabetes risk score NEW	●	●		●

*For medical reasons, some tests may be omitted. If this is the case, an explanation will be provided at your appointment.