



# Health Screen

The ideal gateway to improving the **HEALTH, WELLBEING** and **PERFORMANCE** of people within your organisation.  
**Helping them get more out of life.**

## SILVER PACKAGE £59<sup>+VAT</sup>

**25 minutes (including results)** - *A set of essential tests to give your staff a personal MOT to assist in maintaining a healthy lifestyle.*

### The tests included within this package...

**Total Cholesterol**  
**Diabetes** (Blood Glucose)  
**Haemoglobin** (Anaemia)  
**Blood Pressure**  
**Lung Function**  
**Lifestyle Questionnaire**  
**Action Plan**

**Online Booking and Results full body Composition Test:**

- Muscle Mass
- Total body fat percentage
- Bone Mass
- Visceral Fat (Fat around your organs)
- Metabolic Rate
- Metabolic Age

Contact Health Matters:  
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