



The Silver Executive Medical

The medical will take 75 minutes and the details of the medical are:

Part 1 – Meeting with Specialist Nurse (45 minutes)

- Blood pressure, heart rate, weight, height, body mass index measurement
- Urinalysis to check kidney function
- Lung function test particularly for those with asthma, recent shortage of breath or chest infections
- Heart assessment (Resting ECG)
- VDU eye assessments to check near and far vision, visual acuity and to check for colour blindness
- An extensive blood screening which includes an assessment of cholesterol and glucose levels, liver and kidney function, measurement of haemoglobin and iron levels, full blood count and to screen for gout and haemochromatosis
- Lifestyle questionnaire and analysis including a review of current lifestyle, diet and exercise regime

Part 2 – Doctor Consultation (30 minutes)

- Physical examination and assessment of the body systems
- Breast/testicular cancer risk awareness and advice
- Analysis and explanation of tests completed
- Advice on behavioural and lifestyle modification

Part 3 – Reporting

- A written report and full interpretation of results of the medical will be sent to you within 7 working days of completion of the medical
- Personalised materials to maintain motivation to enhance a healthy lifestyle

Optional additional tests

- Smear

If you would like find out more information or would like to make a booking, please contact us on 01 2945444 or at info@thewell.ie.