



TheWell

**EXECUTIVE MEDICAL
AND LIFESTYLE PROGRAMMES**

CORK



In Partnership with
**Centric
Health**

INTRODUCTION

When it comes to making a wish, two things appear at the top of everyone's list – happiness and good health. At 'The Well', we believe that these two are intrinsically connected and that by taking a holistic view of your physical, psychological and emotional health, we can help you to improve your quality of life and give you the power to enjoy it to its full potential.

Nowadays, more and more studies are showing that many common severe medical problems can be prevented or cured if diagnosed early enough. In many cases, this may be long before you notice any symptoms at all.

Our comprehensive Executive Medical Programme has been designed to help identify any existing health problems you may have, assess your future health risks and provide you with the tools and recommendations to achieve a healthy and balanced lifestyle. We focus particularly on the outcome of the medical to help you to make positive lifestyle changes including stress management if applicable.

The programme is delivered by our very experienced team of health screening doctors and nurses who have access to the latest diagnostic technology to enhance the screening process.

Most results are available during the course of the medical which are discussed during the hour long consultation with the doctor. The results of the blood tests are available within 24 hours and you will receive a personal call from your doctor with these results. The medical is followed up with a written report that will include a full interpretation of the results, personalised information about behavioural and lifestyle modification within seven working days. With your consent, a copy of this report will also be sent to your family doctor.

To further enhance your lifestyle and wellness, we have designed a Weight Management Programme, 'Sleep Well' Programme and also provide a Mole Mapping Service.

We look forward to welcoming you to The Well.

Our Executive Medical for ladies begins with a meeting with one of our specialist nurses followed by an hour long consultation with one of our highly trained doctors. The medical assessment will take about two and a half hours to complete.

Physiological Assessment

- Blood pressure, heart rate, weight, height, body mass index measurement
- Urinalysis to check liver and kidney function and for infection
- Heart assessment (Resting ECG)
- Lung function test (Spirometry)
- Hearing test (Audiometry)
- Eye test to check visual acuity, near and far vision and to screen for colour blindness
- FOB test to screen for bowel/colon cancer and abnormalities (over 50's)

Laboratory Tests

- A comprehensive blood screen which includes an assessment of the following:
 - Cholesterol and glucose levels, full blood count
 - Liver and kidney function
 - Measurement of haemoglobin and iron levels
 - Screen for gout and haemochromatosis
 - Thyroid function test (if clinically indicated)
- Cervical Pap smear (results available in 10 working days)

Lifestyle Analysis

- Stress questionnaire and analysis
- Lifestyle questionnaire
- Review of current diet and exercise regime and development of a personal lifestyle plan

Doctor Consultation

- Full physical examination and assessment of the body systems
- Awareness regarding breast cancer, breast self examination techniques and risk awareness advice
- Advice around stress management and lifestyle modification
- Results of tests are explained and any health issues that may have been identified as part of the medical are discussed. The results of the blood tests will be available within 24 hours and you will receive a personal call from the doctor with these

Reporting

A written report and full interpretation of all results are sent to your designated address within 7 working days of completion of the medical. This report will include a personalised lifestyle plan to maintain motivation to enhance a healthy lifestyle.

This medical assessment has been designed exclusively for men and takes about two and a half hours to complete. Starting with a meeting with one of our specialist nurses, it is followed by an hour-long consultation with one of our highly trained doctors.

Physiological Assessment

- Blood pressure, heart rate, weight, height, body mass index measurement
- Urinalysis to check liver and kidney function and for infection
- Heart assessment (Resting ECG)
- Lung function test (Spirometry)
- Hearing test (Audiometry)
- Eye test to check visual acuity, near and far vision and to screen for colour blindness
- FOB test to screen for bowel/colon cancer and abnormalities (over 50's)

Laboratory Tests

- A comprehensive blood screen which includes an assessment of the following:
 - Cholesterol and glucose levels, full blood count
 - Liver and kidney function
 - Measurement of haemoglobin and iron levels
 - Screen for gout and haemochromatosis
 - Thyroid function test (if clinically indicated)
- PSA to check for prostate abnormalities (over 40's)

Lifestyle Analysis

- Stress questionnaire and analysis
- Lifestyle questionnaire
- Review of current diet and exercise regime and development of a personal lifestyle plan

Doctor Consultation

- Full physical examination and assessment of the body systems
- Awareness regarding testicular cancer and colorectal examination
- Advice around stress management and lifestyle modification
- Results of tests are explained and any health issues that may have been identified as part of the medical are discussed. The results of the blood tests will be available within 24 hours and you will receive a personal call from the doctor with these

Reporting

A written report and full interpretation of all results are sent to your designated address within 7 working days of completion of the medical. This report will include a personalised lifestyle plan to maintain motivation to enhance a healthy lifestyle.

OPTIONAL ADDITIONAL TESTS

On occasion, your consulting doctor may suggest that you might benefit from the completion of some additional tests. These may include the following:

Mole Mapping

€200

This involves the examination and individual screening of any suspicious moles or lesions through digital imaging to assess their specific structural features including size, shape and colour. This process significantly helps in the diagnosis of melanoma. Images taken are stored and can be used for the accurate comparison of images going forward.

Vascular Ultrasound Imaging

€220

This is a special ultrasound study that examines the blood flow to organs and tissues around the body to identify blockages and abnormalities. Included in the study is an:

- Ultrasound of the carotid arteries and vertebral arteries to detect any narrowing of the arteries that bring blood to the brain, one of the most common causes of stroke
- Ultrasound of the abdominal aorta to detect any weakening or ballooning in the artery wall of the abdomen
- Ankle-Brachial Index measurement to detect peripheral artery disease that affects the blood flow to the limbs and in particular the legs

LIFESTYLE PROGRAMMES

Weight Management Programme

€400

This programme has been specially designed to guide you through the different stages of losing weight in a safe and structured way. It is medically supervised and includes consultations with a doctor and a lifestyle consultant and is provided over 6 months. Weight loss medication may also be considered depending on your personal status and preference.

'Sleep Well' Programme

€300

The objective of the 'Sleep Well' Programme is to uncover the causes of disturbances in sleep pattern which, in the long term, can have adverse effects on the quality of family, social and work life and a reduction in short term memory. There are many possible causes including poor sleep habits or inadequate sleep which may be caused by a common condition called sleep apnoea. The programme includes an overnight sleep study and a follow up consultation with a respiratory physician.

HEALTH INSURANCE AND PERSONAL TAX REIMBURSEMENT

If you need any further incentive to attend The Well, a percentage of the cost of your Executive Medical can be claimed back against your personal taxes at the end of the year.

Many health insurance plans also have an allowance towards health screening. A guide to these reimbursements is available on our website www.thewell.ie. Please note that you should also confirm these allowances directly with your insurance company.



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