



## TAILOR MADE HEALTH SCREENING

# Screening Process

### STAGE 1

## Health Questionnaire & GP Consultation

You'll start by completing a health questionnaire, with the opportunity to discuss any specific requirements with a GP to bespoke any elements of the tests to your precise needs. The focus is to tailor your screening package on tests relevant to you based on your age, gender, lifestyle, personal and family medical history.

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### STAGE 2

#### Core Screening

Base level health assessment. Over 30 readings relevant for all ages and genders including:

- 10 body composition metrics
- Body Mass Index
- Full lipid profile
- Diabetes risk (glucose)
- Strength & fitness assessments
- Lung function
- 5 general health markers (includes iron and globulin)
- 5 Liver function checks (includes bilirubin)
- 4 Kidney function checks (includes creatinine)
- 3 checks for energy, muscles and bones (includes calcium)

### STAGE 3

#### Tailored Checks

At the same time as your Core Screening you'll also receive at least 15 additional readings targeted at areas most relevant for you. The most efficient screening package is determined by what matters to you most. For example, the latest CDT lung cancer screening checks may be particularly relevant for a long term smoker – whereas for another employee, hormone testing related to fertility or food intolerance testing may be more relevant.

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## STAGE 4

### Report & GP Review

After your health screening, you'll receive your detailed printed results report and GP Review. You'll also receive ongoing support from your Bluecrest GP, who'll be available for a consultation on all results as well as to compile your Personalised Health Plan. Plus you have access to our online resources to help you monitor, track and improve the key health metrics that matter to you.

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