

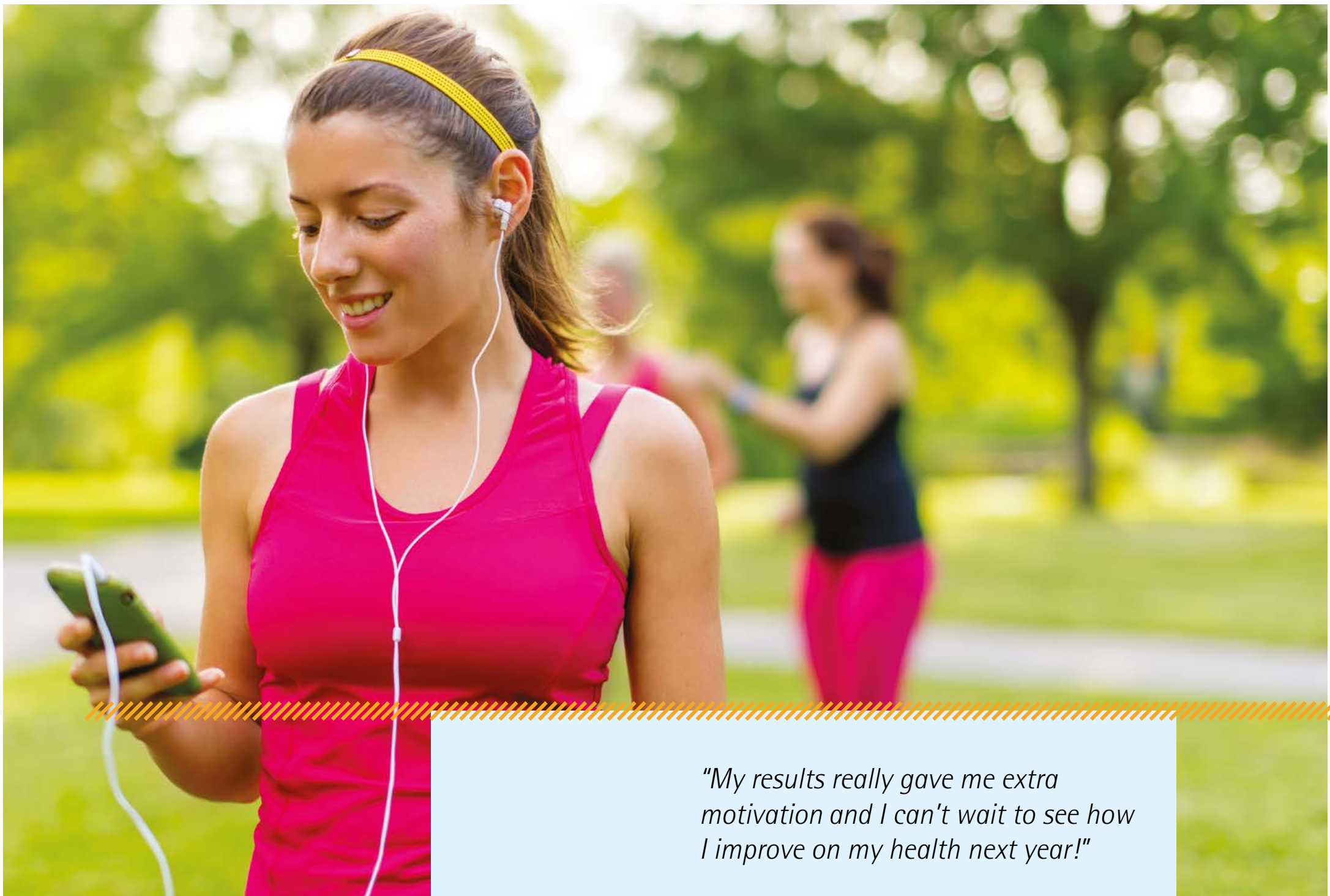


//////  
FLEXIBLE BENEFITS INFORMATION

# Premier Health Screening

**BLUECREST**  
Take Control of Your Health





*"My results really gave me extra motivation and I can't wait to see how I improve on my health next year!"*



## PREMIER HEALTH SCREENING

### What's the benefit?

Good health is to be treasured. Bluecrest provides health assessments that can help safeguard your health for a brighter and healthier future. Regular health assessments can help determine your wellbeing, reduce the risk of future illness and can help detect diseases earlier. By identifying any potential risks or problems, you can address these and help stay in top condition both mentally and physically. It's a bit like an MOT for your body. You will have a thorough screening with a healthcare professional (at one of Bluecrest's 2,000 mobile clinics) and receive a detailed results report in the post and online.



## PREMIER HEALTH SCREENING

### What's included my Premier Health Screening package?

Your Premier package includes a fitness assessment (with pulse oximetry), blood tests for liver and kidney function, full lipid panel and check for preventable diabetes, 10-year heart disease and stroke risk assessment, BMI, Body fat readings and resting ECG (electrocardiogram) test. Your haematology test provides insight into the composition of your blood and you'll also receive a check for thyroid function. In addition (new for 2019), you'll also receive tailored clinical advice from our multi-disciplinary medical panel made up from CBT therapist, Nutritionists, Dietitians, Physiotherapist, Wellness Coaches and GPs.



Stroke & Heart Disease Risk		
Peripheral Arterial Disease Assessment		•
Blood Pressure		•
Heart Disease & Stroke Risk Assessment		•
Estimated Heart Age		•
Biometric analysis		
Body Mass Index, Waist to hip ratio		•
Body Fat Percentage, Visceral Fat rating		•
Fat Free Mass, Bone Mass, Muscle Mass		•
Basal Metabolic Rate, Metabolic age		•
Hydration status, Total Body Water %		•
Metabolic syndrome		•
Lung Function		
FEV1/FEV6		•
Obstructive Index		•
Lung age (for smokers)		•
Kidney Function		
Sodium		•
Urea		•
Creatinine		•
eGFR		•
Liver Function		
ALP		•
AST		•
ALT		•
Gamma GT		•
Bilirubin		•
Proteins		
Total Protein		•
Albumin		•
Globulin		•
Bone Health, Energy and Muscles		

Calcium	•
Corrected Calcium	•
Phosphate	•
Gout check	
Uric acid	•
Diabetes	
Glucose	•
Iron	
Total Iron Binding Capacity	•
Cholesterol Status	
Triglycerides, Cholesterol	•
HDL Cholesterol, LDL Cholesterol	•
Total / HDL ratio	•
24 Hour Support	
GP Telephone Helpline	•
Cancer Awareness	
Breast or testicular cancer awareness	•
Skin and oral cancer awareness	•
General cancer awareness and lifestyle advice	•
Muscular Health	
Dynamometer test	•
Fitness Assessment	
Resting Heart Rate, Blood Oxygen Level	•
Mind and Resilience	
PHQ9 and GAD7 Questionnaire	•
Musculoskeletal health	
Orebro-Bluecrest Back Pain Score	•

Continued overleaf



#### ECG check (15 point)

Heart Rate	•
Artificial pacemaker function	•
Heart Rhythm check for AF	•
Pause	•
Ectopics	•
Heart Axis	•
P-wave morphology	•
PR interval	•
AV conduction	•
Q wave	•
QRS length	•
QRS shape	•
QTc interval	•
ST segment	•
T-wave morphology	•

#### Liver Fibrosis (FIB4) assessment

FIB4

#### Red Blood Cells

Haemoglobin	•
Red Blood Cell / Platelets Count	•
Haematocrit / Mean Cell Volume	•
Mean Cell Haemoglobin / Concentration	•

#### White Blood Cells

White Cell Count	•
Neutrophils, Lymphocytes	•
Monocytes, Eosinophils	•
Basophils	•

#### Hyperthyroidism

T4 Thyroid test	•
-----------------	---

#### Tailored clinical advice services

GP consultation, CBT Mental Health, Physiotherapy, Wellness Coach, Dietitian	•
--	---





## PREMIER HEALTH SCREENING

### FAQs

#### **Are the Health Screenings confidential?**

Yes. Your results are confidential and will only be provided to you.

#### **Where will my screening take place?**

For your convenience Bluecrest offers over 2,000 clinics across the UK.

#### **How do I arrange a Health Screen?**

Once the election window has closed, an eligibility list will be sent to Bluecrest and they will then contact you to arrange your Health Screen.

#### **What happens during my Health Screening?**

At your Bluecrest health check, you can expect a professional, reliable, private and confidential experience. After signing in at a reception area, you will be invited into a private consulting room where staff will take your measurements, blood pressure, a blood sample, and

they may also perform an ECG. You can rest assured that your tests are painless and you don't even need to remove any clothing.

#### **What do I need to do before Screening?**

We have recently upgraded our testing so you do not need to fast prior to your appointment but you can choose to do so if you wish.

If you choose not to fast:

- Drink plenty of water because this helps maintain blood circulation making it easier for our clinicians to take your blood sample.
- You may continue to eat and drink as you normally would and please continue to take any prescribed medications, but avoid vitamins and supplements as these can affect some results.

If you choose to fast:

- You must fast for 12 hours and tell your clinician on the day that you are fasting so they can modify your blood analysis accordingly.
- Drink plenty of water because this helps maintain blood circulation making it easier for our clinicians to take your blood sample.
- Please continue to take any prescribed medications as normal but avoid any vitamins or supplements as these can affect some results.

#### **How long does it take?**

We advise to allow around 30 minutes for your check. More time is spent after your appointment when our cardiac specialists will check your heart readings and our laboratory will analyse your blood. Once all your results are collated we will post your detailed



report explaining everything with advice written by our chief medical advisor.

**What happens if I need to change or cancel my appointment?**

Please ensure you check your availability before confirming the date of your Health Screen. Bluecrest will always be pleased to rearrange appointment dates and times, however if you fail to attend on the day, they cannot guarantee being able to accommodate you on a future date.

**Can I access my comprehensive report online?**

Yes, as well as receiving a high quality hard copy of your report, you will also be able to access it securely online anywhere or any time where you have access to an internet connection.



FLEXIBLE BENEFITS INFORMATION

# Premier Health Screening



Freephone: **0808 168 9219**

email: [corporate@bluecrestwellness.com](mailto:corporate@bluecrestwellness.com)

web: [www.bluecrestwellness.com](http://www.bluecrestwellness.com)

Bluecrest Health Screening, Ridgeworth House, 5/9  
Liverpool Gardens, Worthing, West Sussex, BN11 1RY

Registered in England Number 08119445

