



# Health Screens

For employees



For a healthier, happier workforce

# Corporate health screens

At Doctors Clinic Group, known as London Doctors Clinic in London, we offer a wide range of corporate health screens for your employees. Whether you are looking to offer a comprehensive full body MOT or want the option of a more focused health screen, we can help.

Many companies choose to offer their employees annual or bi-annual health screens as part of their corporate wellbeing strategy. This is beneficial for both employee and employer.

For the employee it is a great opportunity to ensure any underlying health and mental wellbeing concerns are raised and addressed. For the employer it shows they care and promotes a healthier, happier workforce.

# LifeSmart Health Screens

**Doctors Clinic Group LifeSmart range of health screening has been developed so you can take a proactive approach to the health and wellbeing of your people.**

Our full-body health screens come in a variety of packages to suit different budgetary requirements. They range from 15 minutes to 3 hours, depending on the extent of the examination.

At the end of each health screen, each patient will be provided with a personalised medical report and recommendations, if applicable, to ensure they stay fit, healthy and LifeSmart. We can work with you to create your own bespoke health screen to suit the medical requirements of your people. We also have a range of LifeSpecific Screens which focus on specific organs for a more targeted approach, more details can be found later in the brochure.

## Benefits for you:

- PERSONALISED PACKAGES AVAILABLE TO MEET ALL BUDGETS
- ENHANCE YOUR EMPLOYEE BENEFITS
- EXCLUSIVE CORPORATE DISCOUNTS
- PROMOTES A HEALTHIER WORKFORCE
- REDUCE COST OF SICKNESS LEAVE

# LifeSmart Screening Options



## LifeSmart Vital Health Screen

---

**15 minutes**

Recommended for everyone under 40

LifeSmart Vital is your snapshot health screen. It covers all the main medical bases at a highly competitive price.

**It includes:**

- BMI CALCULATION
- BLOOD PRESSURE CHECK
- BLOOD SUGAR TEST
- DIABETES RISK CHECK

## LifeSmart Bronze Health Screen

---

**30 minutes**

Recommended for everyone under 40

LifeSmart Bronze is an entry level health screen which includes a core set of tests to identify key health risks.

**It includes:**

- LIFESTYLE AND DIET ASSESSMENT
- MENTAL HEALTH/STRESS REVIEW
- BMI CALCULATION
- BLOOD PRESSURE CHECK
- OVERALL BLOOD SCREEN (16 PARAMETER BLOOD TEST)
- DIABETES RISK CHECK
- URINALYSIS TEST

## LifeSmart Silver Health Screen

---

**60 minutes**

Recommended for all ages

A comprehensive health screen, including extensive assessments for common problematic health conditions, such as diabetes and cardiovascular issues.

It includes all the elements of the Bronze screen plus, O2 saturation, lung function tests and an extensive GP-led physical exam to check your vital organ functions and identify key risk factors.

**It includes:**

- FULL MEDICAL HISTORY REVIEW
- LIFESTYLE AND DIET ASSESSMENT
- MENTAL HEALTH/STRESS REVIEW
- BMI CALCULATION
- BLOOD PRESSURE CHECK
- O2 SATURATION
- MUSCULOSKELETAL ASSESSMENT
- OVERALL BLOOD SCREEN (16 PARAMETER BLOOD TEST)
- DIABETES RISK CHECK
- URINALYSIS TEST
- SPIROMETRY TEST (LUNG FUNCTION TEST)
- COMPREHENSIVE PHYSICAL EXAM (BP, PULSE, LUNGS, ABDOMEN CHECK)

## LifeSmart Gold Health Screen

90 minutes

Recommended for everyone over 40

LifeSmart Gold is designed to identify both current health concerns and future risks.

Female and male specific health checks are also included to allow for early diagnosis of gender-specific cancers and conditions.

The assessment will take a minimum of 1 hour and 30 minutes, including 30 minutes with an experienced GP. It is appropriate for adults of all ages, especially those over 40.

### It includes:

- FULL MEDICAL HISTORY
- LIFESTYLE AND DIET ASSESSMENT
- MENTAL HEALTH/STRESS REVIEW
- BMI CALCULATION
- BLOOD PRESSURE CHECK
- O2 SATURATION
- MUSCULOSKELETAL ASSESSMENT
- COMPREHENSIVE BLOOD SCREEN (30 PARAMETER BLOOD TEST)

- DIABETES RISK CHECK
- URINALYSIS TEST
- SPIROMETRY TEST (LUNG FUNCTION TEST)
- COMPREHENSIVE PHYSICAL EXAM (BP, PULSE, LUNGS, ABDOMEN CHECK)
- GRIP STRENGTH
- RESTING ECG
- BOWEL CANCER SCREEN (FOR OVER 40s ONLY)

### Male specific health checks:

- TESTES EXAMINATION
- PROSTATE CANCER TEST (FOR OVER 40s ONLY)
- PROSTATE EXAMINATION (FOR OVER 40s ONLY)

### Female specific health checks:

- BREAST EXAMINATION
- PELVIC EXAMINATION & CERVICAL SMEAR (FOR OVER 25s ONLY)

## LifeSmart Platinum Health Screen

90 minutes

Recommended for everyone

Recommended for everyone, especially if you have specific health concerns.

The extensive well person health screen includes extensive examinations and assessments to identify current and future health risks.

LifeSmart Platinum provides you with the ultimate reassurance and safety net should any of your results raise concerns.

### It includes:

- FULL MEDICAL HISTORY
- LIFESTYLE AND DIET ASSESSMENT
- MENTAL HEALTH/STRESS REVIEW
- BMI CALCULATION
- BLOOD PRESSURE CHECK
- O2 SATURATION
- MUSCULOSKELETAL ASSESSMENT
- COMPREHENSIVE BLOOD SCREEN (30 PARAMETER BLOOD TEST PLUS VITAMIN D)

- DIABETES RISK CHECK
- URINALYSIS TEST
- SPIROMETRY TEST (LUNG FUNCTION TEST)
- COMPREHENSIVE PHYSICAL EXAM (BP, PULSE, LUNGS, ABDOMEN CHECK)
- GRIP STRENGTH
- ECG WITH CARDIOLOGY OPINION
- BOWEL CANCER SCREEN (FOR OVER 40s ONLY)
- CT CALCIUM SCAN

### Male specific health checks:

- TESTES EXAMINATION
- PROSTATE CANCER TEST (FOR OVER 40s ONLY)
- PROSTATE EXAMINATION (FOR OVER 40s ONLY)

### Female specific health checks:

- BREAST EXAMINATION
- PELVIC EXAMINATION & CERVICAL SMEAR (FOR OVER 25s ONLY)
- OVARIAN CANCER BLOOD TEST

# LifeSmart Health Screen Comparison



WHAT'S INCLUDED:

	LifeSmart Level				
	Vital	Bronze	Silver	Gold	Platinum
Lifestyle and diet assessment		●	●	●	●
Mental health & stress review		●	●	●	●
Diabetes risk check	●	●	●	●	●
Personalised medical report		●	●	●	●
Blood pressure	●	●	●	●	●
O2 saturation			●	●	●
Blood sugar test	●	●	●	●	●
Blood analysis: biochemistry & haematology profile		●	●	●	●
Urinalysis test		●	●	●	●
Body composition: height & weight, BMI, body fat %	●	●	●	●	●
Spirometry test (Lung function test)			●	●	●
Grip strength test				●	●
Comprehensive physical examination			●	●	●
Bowel cancer screen (for over 40s only)				●	●
Musculoskeletal assessment			●	●	●
Resting ECG				●	
Resting ECG with cardiology opinion					●
CT calcium scan					●
<b>Female Specific Testing</b>					
Breast examination				●	●
Pelvic examination & cervical smear (for over 25s only)				●	●
Ovarian cancer blood test					●
<b>Male Specific Testing</b>					
Testes examination				●	●
Prostate cancer test (for over 40s only)				●	●
Prostate examination (for over 40s only)				●	●

# LifeSpecific Screens

We understand that sometimes you don't want, or don't need, a full health screen. But you may have a specific health concern that you want investigating in further detail. Our range of LifeSpecific screens allows you to focus on your health concerns, to diagnose or benchmark your health.

## LifeSpecific Heart Screen

**Includes:**

- MEDICAL AND FAMILY HISTORY
- LIFESTYLE AND DIET REVIEW
- PHYSICAL EXAMINATION
- ECG
- GRIP STRENGTH
- CALCULATED RISK PROFILE
- FULL CARDIO BLOOD PROFILE

Upgrade to **Heart+** to include CT coronary arteries check and echocardiogram.

## LifeSpecific Liver Screen

**Includes:**

- RELEVANT MEDICAL AND FAMILY HISTORY
- LIFESTYLE REVIEW
- TARGETED PHYSICAL EXAMINATION
- COMPREHENSIVE LIVER BLOOD TEST

Upgrade to **Liver+** to include liver ultrasound.

## LifeSpecific Bowel Screen

**Includes:**

- RELEVANT MEDICAL AND FAMILY HISTORY
- RELEVANT PHYSICAL EXAMINATION
- RECTAL EXAM
- FAECAL OCCULT BLOOD TEST
- STOOL CALPROTECTIN
- COMPREHENSIVE BLOOD SCREEN
- ANAEMIA BLOOD TEST

Upgrade to **Liver+** to include virtual colonoscopy.

## LifeSpecific Thyroid Screen

**Includes:**

- RELEVANT MEDICAL AND FAMILY HISTORY
- RELEVANT PHYSICAL EXAMINATION
- THYROID BLOOD TEST
- GENERAL BLOOD SCREEN

## LifeSpecific Breast Screen

**Includes:**

- BREAST EXAMINATION AND HISTORY
- BREAST ULTRASOUND

## LifeSpecific Diabetes Screen

**Includes:**

- MEDICAL AND FAMILY HISTORY
- LIFESTYLE AND DIET REVIEW
- PHYSICAL EXAMINATION AND ASSESSMENT
- URINE TEST
- COMPREHENSIVE BLOOD TEST

## LifeSpecific Prostate Screen

**Includes:**

- RELEVANT MEDICAL AND FAMILY HISTORY
- PROSTATE EXAM
- PROSTATE-SPECIFIC ANTIGEN (PSA) BLOOD TEST

## LifeSpecific Ovary Screen

**Includes:**

- GYNAECOLOGICAL HISTORY
- OVARIAN CANCER BLOOD TEST
- TRANSVAGINAL ULTRASOUND



# Want to find out more?

Contact our Corporate Team today to discuss your requirements and to receive a free personalised quote.

Email: [corporate@londondoctorsclinic.co.uk](mailto:corporate@londondoctorsclinic.co.uk)

Tel: > 020 8712 3762

