

Select health assessment



**Designed for those
who are busy and in the
comfortable rhythm of
family life.**



**Learn how to prioritise
your health whilst
juggling your
responsibilities.**



Select health assessment

A personalised health assessment

This 'body MOT' will help you stay one step ahead of your health. The thorough evaluation helps uncover potential risks and areas for improvement that you may not be aware of.

Our consultation also touches on health concerns that become more significant with age, such as testicular and prostate cancers in men, and breast and gynaecological cancers in women. It includes an in-depth, two-stage consultation with both a doctor and a nurse, to give you a rounded picture. You have a choice to add further tests to check for breast cancer or prostate cancer should you wish.

Regular health assessments provide reassurance about your health status and empower you to take control of your wellbeing. Knowing that you are actively monitoring your health and addressing any concerns can contribute to peace of mind and reduced anxiety about potential health issues.

Ongoing support

If your health assessment reveals anything that needs further attention, don't worry. You can be referred quickly and seamlessly to a specialist consultant within Circle Health Group. You will have fast access to award-winning private healthcare should you need it. We're here to ensure you get expert medical guidance every step of the way.

Before your assessment

Complete the health questionnaire to guide your consultation. On the day, wear comfortable clothes for your appointment. Fill out forms to guide your discussion later.



Nurse consultation

A 30-minute session with a specialist nurse, who will check your heart, vitals and discuss your emotional health.



What to expect



Pre-consultation procedure

Before you have your consultation, your blood and urine samples will be taken.



Doctor consultation

A 30-minute session with a doctor where you will discuss cancer prevention and receive your recommendations to support your health and wellbeing going forward.

The Select health assessment includes:

General	
<input checked="" type="checkbox"/>	Comprehensive medical and lifestyle questionnaire
<input checked="" type="checkbox"/>	Lifestyle consultation with a nurse
<input checked="" type="checkbox"/>	In depth consultation with a doctor
<input checked="" type="checkbox"/>	Personalised medical report

Measurements	
<input checked="" type="checkbox"/>	Blood pressure
<input checked="" type="checkbox"/>	Resting heart rate
<input checked="" type="checkbox"/>	Body mass index (height to weight ratio)
<input checked="" type="checkbox"/>	Waist measurement
<input checked="" type="checkbox"/>	Body Fat %
<input checked="" type="checkbox"/>	Urine analysis (kidney function, infection, diabetes)
<input checked="" type="checkbox"/>	Resting ECG (heart)

Blood tests*	
<input checked="" type="checkbox"/>	Lipid (cholesterol) profile
<input checked="" type="checkbox"/>	Glucose level (blood sugar)
<input checked="" type="checkbox"/>	HbA1c (diabetes)

Outline Investigations	
<input checked="" type="checkbox"/>	Nutritional and dietary assessment
<input checked="" type="checkbox"/>	Muscle and joint assessment
<input checked="" type="checkbox"/>	Emotional health assessment
<input checked="" type="checkbox"/>	Cardiovascular risk score

Female Specific Tests	
<input checked="" type="checkbox"/>	Breast cancer awareness
<input checked="" type="checkbox"/>	Breast examination
<input checked="" type="checkbox"/>	Cervical cancer screening (including smear and HVS if clinically appropriate)

Male Specific Tests	
<input checked="" type="checkbox"/>	Testicular cancer awareness
<input checked="" type="checkbox"/>	Testicular cancer examination

We can make onward referrals to a Circle Health Group consultant, should further investigation be required.

*8 hour fast required for accurate blood analysis.

Select health assessment



Proactive health management

- Early detection
- Get advice on diet and exercise
- Discover effective ways to manage any health concerns



Optimise your wellbeing.



What is included

- Resting ECG
- In-depth consultation with doctor
- How to identify testicular and breast cancers
- Personal medical report

Unlock your health potential with a Circle health assessment

To book your health assessment
call us on 0800 004 600 or
search online for
Circle health assessments

[www.circlehealthgroup.co.uk/
private-health-check-assessments](https://www.circlehealthgroup.co.uk/private-health-check-assessments)

At Circle Health Group, we understand that health is personal and unique to each individual. That's why we offer a range of comprehensive health assessments, each designed to cater to different lifestyles and concerns. Our goal is simple: to improve your quality of life and reduce your risk of common preventable illnesses, such as heart disease and diabetes.

Discover your optimal health

Whether you're looking for an essential check-up or a comprehensive screening, our options provide valuable insights into your current health. When you choose a health assessment with us, you benefit from a one-to-one session. Our specialist nurses and doctors take the time to listen to your concerns, provide personalised recommendations, and will give you the

knowledge to make informed decisions about your health. You will feel empowered to monitor any past health issues or familial health concerns.

Investing in a health assessment is a proactive step toward improving your quality of life. By addressing concerns early on, you can maintain a healthy weight, manage chronic conditions effectively, and adopt preventive measures. Enjoy increased energy levels, a better mood, and peace of mind, knowing you are supported by a national award-winning healthcare group.

If the Select health assessment is not the right assessment for you, please find our full range of health assessments on our website.