



Galen Health of Harley Street  
cordially invite you for  
Your annual health check

GALEN<sup>®</sup>  
HEALTH

# The stress and strain of modern life, means it is vital to become proactive with your health.

A simple health check or 'Health Screen' will let you know how good your health is right now.

A really good health screen will let you know how good your health is right now as well as your risks into the future.

At Galen Health we take this one stage further as we not only provide you with really good health screens but we also make recommendations and work with you to improve your health based on the results via our doctors, nurses, nutritionists and personal trainers all from £199

The question is **Which one is best for you?**

Call **020 7079 2141** to book or for a free telephone consultation with our lead clinician to discuss which health screen is best for you.

## What you get from our Health Screen packages...



**The Bronze Health Screen includes:** Blood pressure, Pulse, Height, weight, and body mass index (BMI), Waist to height ratio, Optic examination for visual acuity, Temperature, Blood finger testing screening for diabetes. Urine testing screening for diabetes, protein for kidney disease and infections. Following these tests, the patient will spend time with the Doctor, who will take a detailed medical history, current medical problems, risk factors for diseases and illness, medications review, family history review of risk factors, lifestyle activities, detailed body systems review. The doctor will then carry out a comprehensive medical examination.



**The Silver Health Screen includes all the features of our Bronze Health Screen plus our experienced nurses will take a blood test for a fully comprehensive analysis which includes:**

- Full blood count look for haemoglobin levels, markers of infection, cells to fight infection and help immunity .
- Electrolytes Balance of fluid and salts in the body to aid cell function
- Kidney function Basic kidney function Screening for kidney failure Screening for kidney diseases
- Liver function tests Activity of the liver Normal functioning of liver to break down toxic substances Signs of any infection of the liver
- Lipid profile Cholesterol –assessing the risk of heart disease
- Glucose Screening for diabetes



**The Gold Health Screen includes all the features of our Silver Health Screen plus our nurses will perform an Electrocardiogram (ECG) which records the electrical activity of the heart. This test is used to indicate any cardiac rhythm problems and help diagnose cause of symptoms such as palpitations or chest pain. It can also indicate any ischemic cardiac disease.**

**The Platinum Health Screen includes all the features of our Gold Health Screen plus our Physical Health Lead and Nutritionist will work with the patient to analyse diet and nutritional status, to focus on aims and goals, to advise and formulate an exercise and nutritional plan to reduce unhealthy aspects of the body.**

**Working together with diet advice and practical lifestyle assistance to achieve:**

- Improved fitness Health toned body
- Weight loss or gain
- Improved functional strength
- Improved posture
- Stress reduction
- Improved self confidence
- Increased well being

**The key focus on nutrition is to:**

- A complete review of your current nutrition intake
- To work with you to provide the true factors of body weight control
- To explain the diet minefield – what works and why
- Food supplements – what works and why



\* Refers to Health screens that qualify for membership see [www.galen-health.co.uk](http://www.galen-health.co.uk) for details



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**T** 020 7079 2141

**E** [enquiries@galen-health.co.uk](mailto:enquiries@galen-health.co.uk)

**W** [www.galen-health.co.uk](http://www.galen-health.co.uk)

## HOURS OF CLINIC:

The practice hours are 09:00 – 17:30 with evening sessions available from 18:00 – 20:00, Monday to Friday.

We also commit to provide out-of-hours care to those patients signed up to receive the out-of-hours service.

Out-of-hours care is defined as care between 18.00 and midnight, seven days a week. This will be covered by an on-call Galen Health GP on a rota basis with dedicated, direct telephone triage.

## APPOINTMENTS & ENQUIRIES:

If you would like to make an appointment or an enquiry, please call: 020 7079 2141 (Monday – Friday, 09:00 – 17:00)

If you are seeking more information about Galen Health, our full services, or location, it is worthwhile visiting our website at: [www.galen-health.co.uk](http://www.galen-health.co.uk)

You can also make online appointments via the website and can submit any enquiries you may have.

## CARE QUALITY COMMISSION:

Galen Health is bound by the Care Standards Act 2000. The Care Quality Commission enforces this Act.

### **You can contact the Care Quality Commission at:**

The Care Quality Commission, East of England Team, 1st Floor, Finsbury Tower, 103-105 Bunhill Row, London EC1Y 8TG.

**T** 020 7448 9200 **W** [www.cqc.org.uk](http://www.cqc.org.uk)

# Your health in Your hands.