

FAQ

What do I get with my Health Assessment Voucher?

Your voucher entitles you the following:

- A comprehensive medical examination carried out by a Galen Health nurse that will measure Blood Pressure, Pulse, Height, Weight, BMI, Temperature, Oxygen Saturation, Eye Acuity, Lung Function, Urine Analysis and an ECG where clinically appropriate, as well as a comprehensive blood test that will measure Full Blood Count, Electrolytes, Infection Markers, Kidney Function, Liver Function, Cholesterol and Glucose.
- An emailed medical report of your results including simply to read graphs, recommendations by the doctor and a copy of your complete blood test.
- A full consultation with a Galen Health GP to discuss the results of your assessment, along with any other medical concerns that you might have. You will have an opportunity to understand your health in more detail and develop an action plan of things that you can begin to work on to either improve or maintain your health over the following months and years.
- An opportunity to see a Galen Health Nutritionist and a Galen Health Osteopath for a free consultation to offer you some advice and tips that will set you on the right path towards a healthier future.

How long does the Assessment take?

You will need to allow one hour for your assessment

Do I need to not eat before my health assessment?

You CAN eat and drink as normal even though we will be measuring your cholesterol and Glucose because we carry out a live blood culture that is unaffected. For more information [click here](#).

When will I get my results?

Your blood test results will be back with the reporting doctor within 3-4 hours of you departing the clinic. If there is anything to be concerned about the doctor will call you immediately and discuss the next steps. However, in the vast majority of cases the reporting doctor will EMAIL your report to you within 48 hours before inviting you back to the clinic for your Follow Up Consultation.

How long do I get with the GP for my follow up?

The answer to this is dependent on your requirement, situation and results, but in short you will have up to an hour

Does the GP follow Up cost me more Money?

No

How much do extra tests that I might want, outside of those already included in the assessment, cost?

If clinically appropriate, we can include additional blood tests or scans on the day of your assessment but the costs vary, please call 020 7079 2141 and choose option 3 to discuss prices

Do I see the GP on the same day?

Because of the 3-4 hour delay in receiving your blood test results we recommend that you return on another day to see the doctor once the doctor has had chance to review your results and write your report, however, if it is vital that you see the doctor on the same day it is important that you book an early morning assessment appointment and a late afternoon GP follow up appointment