

Executive Health Check

FOR WOMEN

June 2024

Our **EXEC CHECK for WOMEN** is our “top of the line” full medical check-up with a comprehensive fitness and lifestyle assessment, taking approximately 2 hours to complete. All results, including blood tests, are discussed on the day.

It includes:

- Complete and thorough physical examination and consultation with a medical practitioner
- Personal health history incorporating completed questionnaire
- Height & weight measurements and BMI calculations plus waist and hip measurements/ratio
- Electronic body fat measurements
- Blood pressure testing (before, during and after exercise)
- Resting & Exercise 12-lead electrocardiogram (ECG)
- Evaluation of fitness - Bruce protocol (graduated ramped exercise on motorised treadmill)
- PC based Spirometric lung function test
- Comprehensive blood biochemical analysis (fasting required), including:
 - full blood count (anaemia, leukaemias, etc), Total cholesterol, HDL (good) cholesterol, LDL (bad) cholesterol, triglycerides
 - glucose (diabetes), uric acid (gout marker), gamma GT (liver function tests), creatinine & urea (kidney function), calcium & phosphate levels
 - sodium, potassium, hs C-reactive Protein (inflammation/infection/tumour marker), complete iron studies (anaemias, haemochromatosis), homocysteine, protein & albumin levels, etc
- Urine analysis (9 aspects, eg. presence of blood, glucose, white cells/infection)
- Faecal Occult blood test (stool test) - screening for bowel cancer for women over 45
- Analysis of the major heart disease risk factors contributing to heart disease incl. 5 year
- Heart Risk Assessment/Calculation
- Kidney Function Assessment to assist in the early diagnosis of renal impairment

- Breast checks and Mammograms (free for those aged 50 – 69 years at Breast Screen NSW) arranged with 4 weeks prior notice
- PAP test if indicated (free service for procedure, extra cost for pathology/testing)
- Preliminary same day verbal and written report on results (plus interim copies of available blood test results)
- All test results are summarised in a computer generated 20-page report (*emailed only*) that includes the doctor's general advice and individual comments with recommended lifestyle changes/further investigations or treatment plan
- Ongoing access to doctors in the same practice for advice/further consultation/general practice needs such as travel vaccines, minor surgical procedures.

OPTIONAL EXTRAS available at additional cost:

- Chest X-ray
- Bone Density Scan (advanced booking required)
- Additional blood tests eg. Hepatitis, HIV, Thyroid etc
- Consultation with GP for Weight Management (Medicare rebate applies). General Practitioners are available 6 days a week.
- If indicated further investigations such as CT Heart scans / CT Angiography can be organised at a later date at San Radiology.
- If needed specialist appointments can be arranged with a priority.

If you require a **MEDICAL, PRE-EMPLOYMENT** or **INSURANCE ASSESSMENT** we are happy to adapt our EXEC CHECK to suit your requirements. Please bring along a change of clothes, eg shorts, t-shirt and sports shoes, in which to do the treadmill test. You may also wish to bring a towel, as shower facilities are available.

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Requirements for Health Checks

FASTING

Blood tests are performed on arrival by our highly qualified nurse. For accurate results clients are asked to fast overnight (at least 8 hours). Only water is allowed, and we encourage you to consume at least 500mls that morning (more if your appointment is at 10.30am or 1.30pm. Those with a 1.30pm appointment can have a light breakfast prior to 7.00am, and lots of water throughout the day. No caffeine drinks on the day, and please refrain from smoking for 2 hours prior to your appointment. We do serve light refreshments after your blood tests and also after exercising. Insulin-dependent diabetics are asked to book an 8.00am appointment and have their insulin after the blood test.

To complete the Exercise ECG / treadmill part of the Health Check, you must be able to walk unaided.

Booking Your Health Check Appointment

Appointments are available on Wednesdays and Thursdays at 8.00am, 10.30am and 1.30pm.

Please phone **02 9480 9700** to book your appointment, or for further information.

There is a \$440.00 non-refundable deposit required when booking, payable by credit card.

We ask you to provide us with an email address at the time of booking your appointment. This is so we can send you both a confirmation email of your booking along with a reminder email one week prior to your appointment. These emails will have all the relevant information you require prior to your scheduled Health Check appointment.

The email will contain a 13-page questionnaire to be completed prior to your appointment & brought with you, further information on other tests available, a map and our cancellation fees policy. Adobe Reader is required to read this information.

Cost of Health Checks

The cost of our **Executive Health Check** includes all standard blood tests however there will be further charges for additional pathology or other tests requested, as mentioned earlier. Some pathology tests may receive a Medicare rebate.

At this time, no Medicare rebate is available for health screening / preventative health checks, however the cost can be counted towards the annual medical expenses tax threshold for personal clients and is often tax deductible for the company of corporate clients.

Please call us on **02 9480 9700** as soon as possible if you need to cancel or reschedule your appointment.

Rescheduling Appointments

If you contact us to reschedule your appointment a minimum of **8 business days** prior to your booking your non-refundable \$440.00 deposit will transfer to a rescheduled appointment. This transfer process is only available once.

Cancellation due to COVID will only be considered if a COVID PCR test is positive and evidence provided.

Our Location

Fox Valley Medical & Dental Centre (adjacent to Sydney Adventist Hospital)

187 Fox Valley Rd, Wahroonga
Sydney, NSW, Australia, 2076

Phone: +61 2 9480 9700

Fax: +61 2 9480 9733

Email: ehc@sah.org.au

See [GoogleMaps](#) for directions, or the [SAH website](#) for location and parking information.