

## Foundation Home Health Screen

Here at Reflect Screening Services we understand the different needs of individuals with many of us finding it difficult to find the time to attend a hospital and all the inconveniences such as parking etc.

*“Should I leave half an hour or an hour earlier because of road works and of course the children need picking up, maybe I can get some shopping in afterwards. Stress levels increasing, blood pressure increasing and I haven't even got in the car yet.”*

Let our nurse come to **your home** and immediately all this stress disappears. In the comfort of your own home you can be assured you will have our undivided attention. Our Foundation Home Health Screen is a series of tests and assessments that will for example look at your cardiovascular system and provide you with a personal risk score. The UK's single biggest killer relating to more than 1 in 3 deaths (198,000), coronary heart disease relates to nearly half of these deaths.

This screen normally takes about 20 minutes and looks at a range of important factors. Additional more in depth tests can be undertaken at the same time.

- In Depth Medical Report
  - Body Mass Index
  - Waist to Hip Ratio
  - Skeletal Muscle Assessment
  - Metabolism Assessment
  - Blood Pressure
  - Body Fat Percentage Test
  - Visceral Fat Test
  - Peak Flow (Lung Function)
  - COPD Test (Lung Age)
  - Instant Cholesterol Test
  - Heart Rhythm ECG Test
  - Comprehensive Urinalysis Inclusive of Diabetes Test
  - Lifestyle Assessment
  - Nutrition Assessment
- \*Additional tests that can be added on:**
- Prostate Cancer (PSA Male 40+)
  - Thyroid Function (Female 40+)
  - Pathology Profile *(from one blood sample over 25 markers will be tested including Kidneys & Liver functions)*
  - Bowel Cancer Screen (Male/Female 40+)
  - Free Radical Testing
- \*Additional Cost Applies

A urine sample and a finger prick sample of blood will be required. The additional tests will require a blood sample and/or stool sample (Bowel Cancer Screen) to be sent to our laboratory for analysis. Of course getting your results is very important too, you can view some of your results in graph format online with MAIA and download a copy of your report. Don't forget you can also add your own results into MAIA to see how you are doing.

**Please call Nick or Angie for further information and to arrange your health screens.**

**Tel: 0845 652 1965 or Email: [info@reflectscreening.com](mailto:info@reflectscreening.com)**