



**Our Women's Health Check
will give you the WOW factor**



Preventive care and early detection of health risks are key to long-term wellbeing

The delicate balancing act of career, family, and personal aspirations, combined with the stresses of everyday life can create physical, mental and emotional challenges to women's overall wellbeing.

These challenges can result in a lack of self care, regular exercise and proper nutrition, and lead to an array of health concerns, including hormonal imbalances, disrupted sleep, and compromised immune systems.

Our new Women's Health Check is designed to assess and benchmark your overall physical, mental and emotional wellbeing

at every life stage. It will provide valuable insights that will empower you to take control of your wellbeing, with actionable lifestyle advice, and recommendations for any medical or emotional support.

The Health Check includes a comprehensive series of medical tests and assessments, as well as a private consultation with a specialist women's health doctor, all carried out in a single appointment at The McIndoe Centre.

Book our Women's Health Check and we will empower you to navigate the complexities of modern life with the WOW factor!

Our Women's Health Check is tailored to address the needs of women at every lifestage. It includes tests and assessments of all vital organs and mental wellbeing, and includes a private consultation with a specialist women's health doctor.



- ✔ Health assessment including blood pressure and BMI
- ✔ On the spot cholesterol and diabetes check
- ✔ Urine analysis
- ✔ Cardiovascular risk assessment
- ✔ Bowel cancer screening
(for patients over 40 years, or if required)
- ✔ Blood tests for Type 2 diabetes, anaemia, as well as liver, kidney and thyroid function, cholesterol level, and vitamin levels
- ✔ Lifestyle review
- ✔ Mental health assessment
- ✔ Breast check
- ✔ Menopause symptom check
- ✔ Contraception check

What your Women's Health Check includes:

1. Pre-appointment questionnaire

Before you come in for your appointment, you will receive a health questionnaire. This is to gather information about your overall health, current medications, family medical history, and any health issues you may have.

2. Private hospital appointment

Medical tests

- Health assessment including blood pressure and BMI
- On the spot cholesterol and diabetes check
- Urine analysis
- Cardiovascular risk assessment
- Bowel cancer screening (for patients over 40 years, or if required)
- Breast check
- Blood tests for Type 2 diabetes, anaemia, as well as liver, kidney and thyroid function, cholesterol level, and vitamin levels

Wellbeing checks

- Lifestyle review
- Mental health assessment
- Menopause symptom check
- Contraception check

3. Consultation

Once the comprehensive tests have been conducted, your health journey continues with a 20-minute consultation with a women's health specialist GP, where findings, lifestyle and concerns can be discussed.

4. Follow up telephone call

Our commitment extends beyond your visit. Within two weeks, you will receive a 15-minute follow-up phone call with the GP. This is an opportunity to discuss additional insights, clarify any queries, and help you understand your full picture of health before planning any recommended next steps.

5. Health Report

You will receive a full report documenting the results of your Health Check, together with suggested lifestyle adjustments or areas where we would recommend medical follow up.

6. Your GP

Your Health Check report is a valuable resource and we would encourage you to share it in future conversations with your own GP. Where we feel there are areas that do require medical follow up, we will ask for your consent to share findings with your GP.



'We want to empower women to live happier, healthier, and longer lives. Our new Health Check service will help us achieve this.'

Dr Emma Sloan, GP, Women's Health Specialist

Our Women's Health Check

- ✓ Early detection of health issues
- ✓ Key to preventive health care
- ✓ Puts you in control of your health
- ✓ Health education and empowerment

Price £699

**To find out more or book a Women's Health Check
call 01342 488063 or visit**

www.themcindoecentre.co.uk/our-services/womens-health-check



The McIndoe Centre
HORDER HEALTHCARE



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