





Popular health assessment packages

Choose from our range of comprehensive full body health assessments, covering key health markers including liver and kidney function, cholesterol status, diabetes risk and more!

Test descriptions	£126 Business Health Plus	£189 Business Health Extra	£253 Business Health Comprehensive	£381 Business Health Executive
24/7 GP helpline 24/7 GP helpline access for one year. From tummy upsets to travel inoculation advice, call any time of the day or night to discuss any health questions with a registered GP.	✓	✓	✓	✓
Cancer information Simple lifestyle changes to help you maintain general good health, along with straightforward self-examination steps to help you spot the early signs of breast and testicular cancer.	✓	✓	✓	✓
Biometric analysis A biometric analysis gives a breakdown of many components in the body, including muscle and bone mass, visceral fat levels and more. It also shows metabolic age, BMI and BMR.	✓	✓	✓	✓
Blood pressure This test uses an arm cuff attached to a monitor to give the blood pressure result. Systolic and diastolic measurements are taken, helping identify high or low blood pressure.	✓	✓	✓	✓
Bone health, energy and muscles This blood test gives three key readings - calcium, corrected calcium and phosphate. Calcium and phosphate are essential for healthy bones, muscle function and energy production.	✓	✓	✓	✓
Cholesterol levels This test measures the levels of various types of cholesterol in the blood to help identify any imbalances. Five readings are given, including HDL, LDL and cholesterol ratio.	✓	✓	✓	✓
Advanced diabetes (HbA1c) While a glucose test measures blood glucose levels at one moment in time, a HbA1c test gives a picture of the average amount of glucose in the blood over the last few months.	✓	✓	✓	✓
Essential proteins and iron This test measures the levels of two important proteins in the blood (albumin and globulin). The test also assesses iron levels and TIBC, helping to reflect the body's iron stores.	✓	✓	✓	✓
Heart disease and stroke risk This test uses results gathered during the health check (including blood pressure, glucose and cholesterol levels) to give an indication of the risk of cardiovascular diseases.	✓	✓	✓	✓
Kidney function This test measures the levels of sodium (salt) and waste products (urea and creatinine) in the blood. An eGFR result is also included to help identify reduced kidney function.	✓	✓	✓	✓
Liver function This test measures the levels of the liver enzymes ALT, AST, ALP and GGT in the blood, together with the liver waste product bilirubin. Abnormal levels can indicate liver damage.	✓	✓	✓	✓
Uric acid This blood test measures uric acid levels; a waste product made from protein digestion. High levels are associated with a greater risk of gout, a form of inflammatory arthritis.	✓	✓	✓	✓

Test descriptions	£126 Business Health Plus	£189 Business Health Extra	£253 Business Health Comprehensive	£381 Business Health Executive
Mental wellbeing This test uses confidential questionnaires to help assess four aspects of psychological wellbeing associated with stress: anxiety, depression/mood, resilience, and engagement.				
Mental wellbeing consultation Arrange a private 30-minute telephone consultation with an experienced Emotional Wellbeing Adviser who can give advice and support on emotional/mental wellbeing concerns.				
Musculoskeletal (MSK) health This test assesses your risk of long-term back problems and helps you manage them more effectively. MSK issues are a leading cause of sickness absence.				
Musculoskeletal (MSK) wellbeing consultation Arrange a private 30-minute telephone consultation with a MSK Wellbeing Adviser who can give practical advice on how to help alleviate aches and pains.				
Peripheral arterial disease (PAD) This ABPI test uses sensors attached to the arms and legs to detect any difference in blood pressure between the two. A difference can indicate PAD. Suitable for over 40s only.				
Heart rhythm (ECG) This test uses a 6-lead ECG test to check the rhythm of the heart. An accredited Cardiac Data Analyst will then review the trace (the image of the heartbeat over a period of time).				
Blood health profile This test, also called a Full blood count, gives 10 key readings to help assess blood health and immunity. Readings include red blood cells, white blood cells, and platelets.				
Liver fibrosis The FIB4 test is a scoring system that estimates liver fibrosis (scarring) without the need for a biopsy. It is calculated using results from the AST, ALT and platelet tests.				
Muscular grip strength This test measures your hand-grip strength using a dynamometer to help identify MSK issues affecting the hands and wrists, such as arthritis or carpal tunnel syndrome.				
Health and wellbeing specialist After receiving your results, you'll have access to two 30-minute health and wellbeing sessions with a health specialist to help you improve your health behaviours.				
Lung function check This test measures whether your lung function is within the normal range, the level of obstruction in your lungs, and your 'lung age' if you are a smoker.				
GP consultation We feel the best time for a GP Consultation is once all the health tests have been run and results have been received. Speak with a GP over the phone or via video-chat online.				
Lipoprotein A* This specialist test measures the amount of lipoprotein (a) in your blood. High levels are a risk factor for heart disease and stroke due to restricted blood flow.				
Fitness assessment This step test helps you understand your current fitness level. During the assessment, we measure three things: resting heart rate, post-exercise heart rate, and oxygen levels.				

*Lipoprotein A test is currently unavailable in Northern Ireland

Early cancer add-on

Catching cancer early can make a life-changing difference. Our Early Cancer Add-on uses advanced blood, stool and swab tests to help identify potential risks in the stomach, bowel, prostate, cervix, kidneys and blood.



Get peace of mind by identifying cancer risks. All health assessments can be upgraded to assess cancer risks of the stomach, bowel, cervix and prostate, as well as a urine analysis, which checks for a range of conditions, including potential bladder cancer. **Spotting the signs of cancers early can be vitally important** – and in many instances, starting treatment for cancer early can make all the difference.

When looking at cancer tests, it's important to recognise that no test can be 100% perfect. While our tests can highlight cancer risk, 'false positives' and 'false negatives' can also occur, particularly for prostate cancer risk and bowel cancer risk tests – which is why these are only available for employees over the age of 40. We also include a 15-minute telephone consultation with a registered GP after all laboratory results have been analysed. The GP review can be used to discuss any worrying symptoms and if appropriate, a discussion can also take place in relation to any cancers that might run in the family.

Test descriptions	£216 Males only	£216 Females only
Private GP consultation After receiving your results, book a Private GP consultation (phone or video) at a time that suits you. Your GP will review your report with you and discuss any concerns.	✓	✓
Blood health profile This test, also called a Full blood count, gives 10 key readings to help assess blood health and immunity. Readings include red blood cells, white blood cells, and platelets.	✓	✓
Stomach cancer risk (H. Pylori) This test looks for Helicobacter Pylori in the blood. This bacterial infection of the stomach lining may lead to ulcers in the stomach, increasing the risk of stomach cancer.	✓	✓
Urine analysis This test can detect conditions such as kidney disease and urinary tract infections, and checks for blood, which may indicate bladder cancer. It uses a self-collection kit with instructions for collecting a urine sample at home.	✓	✓
Bowel cancer risk (qFIT) OVER 40'S ONLY This test helps detect traces of human blood in stool. The test uses a self-collection kit with full instructions on how to collect a small stool sample at home.	✓	✓
Prostate cancer (PSA) OVER 40'S ONLY This test measures the Prostate Specific Antigen (PSA) levels in the blood. Raised PSA levels are linked to an increased risk of prostate cancer. Suitable for males only.	✓	
Cervical cancer (HPV) This test checks for HPV strains which increase cervical cancer risk. The test uses a self-collection vaginal swab kit with instructions on how to collect a sample at home.		✓

Advanced menopause profile



This advanced test measures five key blood biomarkers to help determine if you are experiencing the menopause. A private GP consultation is included to help you understand your results and plan any next steps.

For **females over 40 only**, this test is designed to provide clarity during the transitional phase of menopause. It offers insight into your hormonal changes, helping to determine whether you are experiencing menopause, and can also support the planning or adjustment of hormone replacement therapy (HRT) to suit your needs.

This comprehensive profile includes key assessments for Follicle-Stimulating Hormone (FSH), Oestradiol, Sex Hormone Binding Globulin (SHBG), Testosterone, and Thyroid Stimulating Hormone (TSH). The results should be reviewed alongside your symptoms and discussed with a GP to address any menopause-related concerns. This package includes a GP consultation.

Test descriptions	£161 Females only Ages 40+
Follicle-stimulating hormone (FSH) FSH helps stimulate egg growth in the ovaries and supports oestrogen production. As a woman approaches menopause and the ovaries produce fewer eggs, FSH levels rise. Elevated FSH can therefore indicate the onset of menopause and reduced ovarian function.	
Sex hormone binding globulin (SHBG) This is a carrier protein produced by the liver. Changes in SHBG levels can affect the amount of testosterone that is available to be used by the body. Abnormal SHBG levels can cause mood swings, weight gain, low sex drive and infertility.	
Oestradiol Oestradiol is the main naturally occurring oestrogen in your body. Together with regulating the reproductive system and secondary female characteristics, it also has an impact on the health of other tissues and organs including bone, liver, fat and the brain.	
Testosterone Women naturally have lower testosterone levels to maintain hormonal balance and support key body functions. This test checks for unusually high or low levels, which may indicate an adrenal issue, and can help monitor health if you had abnormal results or are taking medication that affects testosterone.	
Thyroid stimulating hormone (TSH) TSH, also known as thyrotropin, is a hormone produced in the pituitary gland that triggers your thyroid gland to produce and release hormones. Your thyroid gland is an important endocrine gland responsible for producing and releasing the hormones thyroxine (T4) and triiodothyronine (T3).	
Private GP consultation After you've received your results report, you can book your Private GP Consultation (which takes place over phone or webcam) at a time and date convenient to you. The GP will have a copy of your full results report, allowing you to talk through any areas of concern.	

IMPORTANT

As this test includes testosterone, the blood tests must be carried out before 11am, because testosterone levels are influenced by the body's circadian rhythm.

Advanced male hormone profile



This advanced test measures nine key blood biomarkers and provides insights into various aspects of male health. A private GP consultation is included to help you understand your results and plan any next steps.





For males only, this profile measures nine key biomarkers in your bloodstream, including important hormones and proteins such as Testosterone, Sex Hormone Binding Globulin (SHBG), Luteinising Hormone (LH), DHEA-S, Oestradiol, Follicle Stimulating Hormone (FSH), Prolactin, Free Testosterone (calculated), and Albumin.

This comprehensive test offers valuable insights into various aspects of male health, particularly reproductive, metabolic, and emotional well-being. A private GP consultation is also included to help you understand your results and take any necessary next steps.

This test is also recommended for individuals with underlying health conditions or risk factors, such as Type 2 diabetes, a body mass index (BMI) of 30 or higher, or a waist circumference of 102cm or greater.

Test descriptions	£161 Males only
Total testosterone Total testosterone is all testosterone in the bloodstream, including bound (to proteins like SHBG and albumin) and free (active) forms. It is the main male sex hormone, essential for sperm production, sex drive, bone density, and muscle mass.	
Free testosterone Free testosterone is the fraction of total testosterone that isn't bound to proteins such as SHBG or albumin. This unbound form is biologically active and can readily enter cells to carry out its effects.	
Sex hormone binding globulin (SHBG) SHBG is a carrier protein produced by the liver that regulates how much testosterone is available for the body to use. Abnormally high or low SHBG levels can affect testosterone availability, potentially causing mood swings, low libido, erectile dysfunction, or infertility.	
Luteinising hormone (LH) LH is a hormone that stimulates the testes to produce testosterone. It triggers the Leydig cells to release testosterone, which is essential for sperm production and the development of male secondary sex characteristics, including increased body hair, muscle mass, and a deeper voice.	
Oestradiol Is a type of oestrogen that plays a crucial role in male sexuality and reproductive function. Oestradiol regulates sex drive, the ability to achieve erections, and sperm production.	
Prolactin Produced by the pituitary gland, high levels of this hormone can indicate liver, kidney, or thyroid issues, or result from a benign, often symptom-free pituitary tumour. Symptoms, when they occur, may include erectile dysfunction, reduced body hair, headaches, vision problems, and low sex drive.	

IMPORTANT
 As this test includes testosterone, the blood tests must be carried out before 11am, because testosterone levels are influenced by the body's circadian rhythm.

Test descriptions	£161 <small>Males only</small>
<p>Albumin</p> <p>Albumin is a carrier protein that transports testosterone through the bloodstream, helping deliver it to target tissues. However, when testosterone is bound to albumin, it is less readily available, so albumin levels can affect the body's "bioavailable" testosterone.</p>	
<p>Follicle-stimulating hormone (FSH)</p> <p>FSH is a hormone that helps control the production and health of sperm in men. FSH is produced in the pituitary gland and travels to the testes, where it signals the cells to produce sperm.</p>	
<p>Dehydroepiandrosterone (DHEA-S)</p> <p>DHEA-S is a steroid hormone important for male development and reproduction. It helps develop male secondary sexual characteristics during puberty and is converted by the body into androgens, including testosterone and androstenedione.</p>	
<p>Private GP consultation</p> <p>After you've received your results report, you can book your Private GP Consultation (which takes place over phone or webcam) at a time and date convenient to you. The GP will have a copy of your full results report, allowing you to talk through any areas of concern.</p>	

Cortisol test for stress and wellbeing






This test tracks your daily stress hormone rhythm using saliva samples and questionnaires, offering insight into energy, mood, sleep and resilience. Identify imbalances early and receive personalised guidance to restore balance and wellbeing.

Stress is an unavoidable part of modern life, but how your body responds to it plays a crucial role in your energy, mood, sleep, and long-term health. The Cortisol Test for Stress and Wellbeing provides a detailed look at how your body manages stress by analysing cortisol, your primary stress hormone, across the day.

This test goes beyond a single measurement. By combining biological analysis with evidence-based mental health questionnaires, it offers a holistic view of both physiological stress and emotional wellbeing. The assessment analyses four saliva samples collected at specific times across a single day, including midnight. This allows us to map your individual cortisol rhythm rather than relying on a single snapshot result. In addition to cortisol testing, you'll complete two widely used, clinically validated questionnaires: PHQ-8 and GAD-7.

When needed, results are supported with expert guidance through a dedicated wellbeing coaching session.

Understanding your cortisol rhythm can help you identify early signs of stress imbalance and take proactive steps to support resilience, recovery, and overall wellbeing.

Test descriptions	£159
<p>Saliva samples This assessment analyses four saliva samples collected at specific times across a single day, including midnight. The test uses a self-collection kit with full instructions on how to collect saliva samples at home.</p>	
<p>PHQ-8 The PHQ-8 (Patient Health Questionnaire-8) clinically validated questionnaire is used to screen for and measure the severity of depressive (low mood) symptoms over the previous two weeks.</p>	
<p>GAD-7 The GAD-7 (Generalised Anxiety Disorder-7) is a short, standard questionnaire used to screen for and measure the severity of anxiety symptoms over the past two weeks.</p>	

Please note: Cortisol Test for Stress and Wellbeing is not a standalone package and must be added to a Plus, Extra, Comprehensive, or Executive health check.