

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	£117 Business Health Plus	£176 Business Health Extra	£235 Business Health Comprehensive	£354 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	£117 Business Health Plus	£176 Business Health Extra	£235 Business Health Comprehensive	£354 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 blood test gives three key readings - calcium, corrected calcium and phosphate. Calcium and phosphate are essential for healthy bones, muscle function and energy production.		✓	✓	✓
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	£199 Males only	£199 Females only
<p>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.</p>	✓	✓
<p>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.</p>	✓	✓
<p>Urine analysis This test can detect many conditions including kidney disease and urinary tract infections. The sample is also checked for traces of blood - a possible sign of bladder cancer. The test uses a self-collection kit with instructions on how to collect a urine sample at home.</p>	✓	✓
<p>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.</p>	✓	✓
<p>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.</p>	✓	
<p>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.</p>		✓

Please note: Early Cancer Add-on is not a standalone package and must be added to a Plus, Extra, Comprehensive, or Executive health check.