

Core Health Check | £109

What it covers

A clinician-led, well-rounded health check providing a clear baseline across key areas people often seek reassurance on, including metabolic and heart health, blood sugar control, kidney and liver function, thyroid health, vitamin levels, and iron and blood health, along with cancer markers* for men and women. It includes physiological measurements and a blood test with comprehensive biomarker screening, with results provided in a clear report that can be tracked over time.

What's included

- **Measurements**
 - weight and height (BMI), pulse, blood pressure, waist circumference and hip ratio.
- **Metabolic & heart health (cholesterol)**
 - helps you understand your cholesterol profile and long-term heart health risk.
- **Blood sugar control (HbA1c)**
 - indicates your average blood sugar levels over the past 2–3 months and can help identify early signs of diabetes risk.
- **Kidney & liver function**
 - shows how well your body filters waste, processes nutrients and maintains fluid balance.
- **Thyroid health**
 - relates to metabolism and energy levels.
- **Vitamin D (vitamin status)**
 - supports bone health, muscle function and immune health.
- **Iron**
 - supports oxygen delivery and energy.

**Cancer markers do not diagnose cancer.*