

PRIVATE EXECUTIVE MEDICAL



COVERLEY
MEDICAL CENTRE

SANDY CREST
MEDICAL CENTRE

Your Private Executive Medical Experience

Health Check and Primary Prevention

Your executive medical experience will entail a full Health Check. The medical seeks not only to detect any early signs of illness for e.g. Heart Disease, Cancers, Diabetes, and Hypertension etc. but also to educate you about your health and how to prevent illness. The latter is known as Primary Prevention. As part of Primary Prevention, we will also look at your Immunization History and offer appropriate immunizations e.g. tetanus as necessary.

Fasting for Medicals

We usually schedule executive medicals in the morning, as we like you to attend fasting i.e., having nothing to eat or drink for the preceding 8-10 hours. Please note if you have a medical condition that may be affected by fasting, or if you are on any medication, you should discuss this by phone or email with the Doctor/Nurse/Coordinator before attending / embarking on your fast.

Baseline Measurements and Blood Tests

On arrival, you will be seen by the Nurse, who will do some baseline measurements and conduct an extensive range of blood tests. The tests included (where applicable) are listed below – if you have any additional blood test requirements we can also do these at this stage.

Breaking the Fast

We then offer you a smart breakfast with a chance to catch up on headlines in the paper or check e-mails if you so desire. If you have any particular dietary requirements, please indicate to your coordinator and we will try to accommodate you.

Full Medical and Doctor's Examination

You then have a full medical with the Doctor, which includes a full Medical History and Examination. We have both Male & Female Doctors and personal examinations may be chaperoned. If there is any part of the examination that you do not require or wish (for e.g. recent pap smear or prostate test) we will honour this. After this you will have an Audiometric screen (hearing test) and Full Vision Screen (please bring your spectacles/lenses if applicable) along with a resting ECG. If required, a Lung Function Test and or Chest X-ray, Bone density scan or Colonoscopy will be carried out.

Nutrition, Fitness and Stress Management Consultations

Nutrition and Fitness consultation sessions are conducted with the aim of providing personalised recommendations for good health, disease management and weight control. A balanced lifestyle promotes overall health and feelings of well-being. Your stress management coaching session (optional) focuses on work life balance and ways of improving emotional wellness. You may opt to finish up the experience with a relaxing massage and light refreshment.

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Blood Tests include:

- Full Blood Count – checks your blood iron and marrow / immune system function
- U&E – checks kidney function
- LFT's – checks liver function
- Fasting Lipid Profile – checks Cholesterol and sub-fractions – good and bad
- Fasting Glucose – checks for tendency to Diabetes
- TSH – checks thyroid function
- PSA – prostate blood test – men only
- HbA1C

Additional Blood/Urine Tests (if required)

- HIV Screen
- Hepatitis screen
- STD Screen
- Toxicology
- ESR

Please let the Doctor or Nurse know if you have any additional requirements regarding blood tests, preferably before attending, to enable us to facilitate same if at all possible.

Other Screenings Included

- Female:
- Breast Examination
 - Cervical/ Pap Smear Test

- Male and Female:
- Urinalysis – medical screen only

Optional Screenings

- Bone density
- Colonoscopy
- Chest X-ray
- Lung function test

After the Assessment

The Doctor will collate all the data and prepare an individual personal health report which will be forwarded to you. It will provide details of the potential health risks along with an action plan giving advice on diet, lifestyle and further action for any abnormalities. Any advice or suggestions can be followed up, either with us or your GP.

- Personal Wellness Advisors
- Customisable physical & medical examination
- Individually tailored health report
- Enjoyable, educational experience complete with relaxing massage and healthy meal

+ Taking the 'routine' out of your physical!

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We aim to make your medical an enjoyable and educational experience and look forward to being your personal wellness advisors.

For additional information please contact your coordinator or the Senior Health and Wellness Representative at **(246) 419-4911** or via email to **wellness@coverleymedical.com**.



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Sandy Crest Medical Centre

Sunset Crest, St James
sandycrest.net | 246-419-4911
Open daily: 24 hours



Coverley Medical Centre

Building #2, The Villages at Coverley, Christ Church
coverleymedical.com | 246-627-1000
Open daily: 9am – 7pm (including public holidays)