



YOUR STANDARD HEALTH MOT: HEALTH ASSESSMENT

(Information for Peace of Mind MOT is also included)

It's unbearably cheap but blooming awesome.

(Not available on walk-in basis; not available on our internet)

Thank you for booking (or attending) for the special deal offer Standard Health MOT at Harley Street Medical Express Clinic. Please read this information and understand. Read what a lot is in offer during your Health MOT with us. If you are attending for the Peace of Mind MOT the package is slightly different – it is aimed at young people. A doctor's examination is not included as it is aimed at healthy young people.

(A) Your Standard Health MOT will consist of:

a) You completing Questionnaires to give us full information about yourself. Please find these questionnaires on our website under Health Screening which is listed under services. Please print, complete and bring with you. If you need a paper format a £5 fee is payable at the clinic.

1. Health and Lifestyle Questionnaire (Section A; please print and bring with you).

2. Medical History Questionnaire (Section B)

B) Health Screening (nurse) performing Measurements, Observations and Tests (MOT) (Section C) We will do:

(1) Blood pressure and pulse check

(2) Weight, height and BMI Measurements

(3) Body fat analysis (*not included in Peace of Mind MOT; if requested add £10*)

(4) Lung function test by Peak Flow Measurement

(5) Vision test by visual activity (a 3 meter vision test)
(not included in Peace of Mind MOT; fee to add £10)

(6) Hearing- screening test (at 30dB hearing threshold) to check your hearing
(not included in Peace of Mind MOT; fee to add £10)

(7) Urinalysis- pH, protein, blood, sugar and glucose (you need to give a sample of your urine in bottle provided)

C) Nurse taking a blood test. We will do:

1. Full blood profile to test for anemia (full hematology including ESR as inflammation marker, haemoglobin and indices to detect anemia).
2. Biochemistry with kidney and liver function tests.
3. Minerals: calcium levels.
4. Metabolism and nutrition markers: albumin, protein, and globulin levels.
5. Uric acid to detect gout and cardiac risk if raised.
6. Full lipid profile with triglycerides, total cholesterol and HDL (good) and LDL (bad) Cholesterol.
7. Thyroid function test (T₄ and TSH) *(not included in Peace of Mind Health Check)*
8. Iron levels to look for your iron status. *(not included in Peace of Mind Health Check)*
9. HBA1C test *(not included in Peace of Mind Health Check)*
[7, 8 and 9 can be added to Peace of Mind Health Check; add £25]

We are doing HBA1C to detect diabetes early at prediabetic state. This is a state of the art test. It will give a risk score for diabetes. *(not included in Peace of Mind Health Check for Young People. Can be added if requested; add just £25)*

D) Doctor carrying out standard Physical Clinical Examination (not diagnostic consultation). Please see proforma of examination which the doctor will carry out. (Section D). *In Peace of Mind MOT a doctor examination is not included. If requested it can be carried out for a £25 fee instead of £100 (the standard fee).*

If you agree with this MOT package; then let's begin. It is about your health. Better health leads to happier (longer) living – you can enjoy good health as a result of MOT as we will give advice on how to maintain good health. You may want to upgrade this MOT to Executive MOT today. Ask the nurse. You need to pay £75 to upgrade. The doctor will spend a lot more time and do a head-to-toe examination and we will do your Vitamin D levels also.

Please note: *If you attend the clinic at a later date for checkup or to discuss results of this MOT or for any reason our standard consultation fee under this offer will be £75 (instead of £150). This fee is always payable, each time you come for follow up. You need to pay the full price for any tests when you come back to the clinic for repeat tests.*

E) Comprehensive report. You will get a report with all blood test results. The report will take 8 weeks to produce and send to you. You can Fast-track it. Ask the nurse. A fee of £25 is payable. Report will then be sent in 2 weeks. The report will have assessment of risk of heart disease or stroke risk by 3Bs (blood pressure, blood cholesterol and BMI). It will have uric acid results; and your diabetic risk. Advice on how to improve your health will be given in the report.

If you wish to discuss any matters after the MOT please contact the nurse who did your MOT. The nurse will help you. If you wish to have the report earlier please pay £20 by card and the nurse will make sure to assist you. *If you need to come to see the doctor you need to pay a consultation fee of £75 each time you come.*

F) In this standard Health MOT we are NOT doing the following tests:

- ⇒ Vitamin D (add £40)
- ⇒ Vitamin B12 (add £40)
- ⇒ Folic Acid (add £40)
- ⇒ PSA (add £40)
- ⇒ Male sex hormones (testosterone, note: testosterone blood test is best done before 10 am)
- ⇒ Female sex hormones: LH, FSH

We are not doing smear test, test for HPV (human papilloma virus – cervical cancer virus), HIV test or tests for STIs. If you wish to have these or any other tests please discuss with the nurse. You can have a discounted fee.

We are not screening for lung cancer (if you smoke a chest x-ray is advisable; pay £70 instead of £110). But if you are a smoker, chest x-ray is not the correct screening test. You will need a low dose CT scan of lungs. Please discuss this with the doctor.

If you wish to have bowel cancer screening by fecal occult blood test – add £20. FOB test is advisable if you are over 50 and particularly if you have a history of bowel cancer in the family. We can arrange consultant review and colonoscopy by experienced consultant

colorectal surgeon if you have a strong family history of colon cancer. Discuss with your own doctor or during Health MOT.

Electrocardiography (ECG)

In this deal we are NOT doing an electrocardiography test which is advisable once in 3 years from age 40 years. This is to detect heart rhythm disorders like atrial fibrillation and other problems with function of the heart muscles and conduction. The usual price for ECG is £110. In this deal it is just £50. You will get an automated report from the machine.

Please read on: Here are our other deals you can have today.

Special assessment; other deals for you:

- A. Sexual Function Assessment for Men (as part of LOVE MOT)**
This is to check for erectile dysfunction and lower urinary tract problems like urgency, bed wetting, and dribbling, etc. If you are concerned about premature ejaculation you can arrange to see a doctor with a special interest in Sex Medicine. Ask the doctor to book an appointment with the specialist; you pay £150 instead of £250 for this consultation. You need to pay for hormone test and STI tests before you come to the clinic. The doctor will discuss the tests and arrange the tests so that when you see the specialist all the results will be available.

- B. Ovarian Viability Test for Women (as part of LOVE MOT)**
Women can have their uterus and ovaries examined by a lady doctor using our ultrasound here at the clinic. The ovarian viability (state of ovarian follicles) can be looked for. Ovarian cysts can be detected if you have Polycystic Ovary Syndrome. The state of the uterus can be looked for by the ultrasound. You will be given an idea of the uterus and its readiness for pregnancy.
The price for ovarian (pelvic) ultrasound will be £99 (instead of £350). You need to book this ovarian viability test as a deal.
Abdominal Artery Aneurysm (AAA), this is an important cause of sudden death in people over 50 years. We can refer you to have this checked by a consultant radiologist. Please discuss with doctor.

Other deals for you:

Some further blooming awesome offers – more deals – for you from Harley Street Medical Express Clinic.

- 1) You can register with us as a private patient for 1 year and extend it annually. Our usual Annual Fee is £1500 per year.
We will offer this for £500 for one year; we will keep this same low price for the next 3 years if you give us a Standing Order mandate now (*you pay for investigations only when you come to see a doctor, consultation is free and make sure to pay each year – just £500 per annum*).
- 2) You can book your next year's Health MOT at our offer price of £79 if you pay now (until end of 2014). You may book the date for your Health MOT nearer the time.
- 3) If you are NOT our registered private patient you can walk-in for medical consultation to see a doctor at any time at a discount price of £100 instead of £150 consultation fee during 2014. Just walk-in or phone and book an appointment.
- 4) You can have Harley Street Cryolipolysis therapy for body fat reduction: one part for £99 instead of £500 (one area treatment). But now you can pay £400 upfront for 5 sessions – that is just £80 per part (treatment for 5 parts, one thigh is one part, one side is one part). Read about Cryolipolysis; available at clinic and on our website. *This offer is available during 2014; and may be withdrawn earlier if we are fully booked.*
- 5) Weight and Well-being Assessment and Treatment. We have a special clinic run by an experienced doctor who will assess people who are overweight and will suggest appropriate management. Initial assessment with this doctor at our clinic is £295. You can attend this clinic on a Monday morning by appointment and first pay £79 for the consultation. Another blooming awesome bargain for you. If you are overweight why not take this offer today, and improve your health. The doctor might recommend medications to help you with your weight management programme.
- 6) Allergy Skin Test. If you think you may have an allergy, why not have an Allergy Skin Prick Test. You need to book. Actual price: £200. Deal Price: £49. You can have 8 allergens tested in this deal. If you wish to have more allergens tested you pay just £10 per allergen.

**Help Ever
Hurt Never**

**We look forward to serving you again.
Tell your family and friends who can phone us directly
and get this standard MOT under the deal at £99.
Available until July 2014.**