

EXECUTIVE HEALTH CHECK FOR WOMEN

Our **EXEC CHECK for WOMEN** is our “top of the line” full medical check-up with a comprehensive fitness and lifestyle assessment, taking approximately 2 hours to complete. All results, including blood tests, are discussed on the day.

It includes:

- Complete and thorough physical examination and consultation with a medical practitioner
- Personal health history incorporating completed questionnaire
- Height & weight measurements and BMI calculations plus waist and hip measurements/ratio
- Electronic body fat measurements
- Blood pressure testing (before, during and after exercise)
- Resting & Exercise 12-lead electrocardiogram (ECG)
- Evaluation of fitness - Bruce protocol (graduated ramped exercise on motorised treadmill)
- PC based Spirometric lung function test
- Comprehensive blood biochemical analysis (fasting required);
 - full blood count (anaemia, leukaemias, etc), Total cholesterol, HDL (good) cholesterol, LDL (bad) cholesterol, triglycerides (ugly)
 - glucose (diabetes), uric acid (gout marker), gamma GT (liver function tests), creatinine & urea (kidney function), calcium & phosphate levels
 - sodium, potassium, hs C-reactive Protein (inflammation/infection/tumour marker), complete iron studies (anaemias, haemochromatosis), homocysteine, protein & albumin levels, etc
- Urine analysis (9 aspects eg presence of blood, glucose, white cells/infection)
- Faecal Occult blood test (stool test) - screening for bowel cancer for women over 45
- Analysis of the major heart disease risk factors contributing to heart disease incl. 5 year Heart Risk Assessment/Calculation
- Kidney Function Assessment to assist in the early diagnosis of renal impairment
- Breast checks and Mammograms (free for 50 – 69 year olds at Breast Screen NSW at FVMC) arranged with 4 weeks prior notice
- PAP test if indicated (free service for procedure, extra cost for pathology/testing)
- Preliminary same day verbal and two page report on results (plus interim copies of available blood test results)
- All test results are summarised in a computer generated 20-page report (*emailed only*) that includes the doctor's general advice and individual comments with recommended lifestyle changes/further investigations or treatment plan.
- Ongoing access to same doctor for advice/further consultation/general practice needs such as travel vaccines, minor surgical procedures.

OPTIONAL EXTRAS available at additional cost:

- Chest X-ray
- Bone Density Scan (*Advanced booking required*)
- Additional blood tests, eg. Hepatitis, HIV, Genetic testing/markers etc
- Consultation with GP for Weight Management (Medicare rebate applies). General Practitioners are available 6 days a week.
- If indicated further investigations such as [CT Heart Scans / CT Angiography](#) can be organised at a later date at San Radiology.
- If needed specialist appointments can be arranged with a priority

If you require a MEDICAL, PRE EMPLOYMENT or INSURANCE ASSESSMENT we are happy to adapt our EXEC CHECK to suit your requirements.

Please bring along a change of clothes, eg shorts, t-shirt and sports shoes, in which to do the treadmill test. You may also wish to bring a towel, as shower facilities are available.

Requirements for Health Checks

FASTING

Blood tests are performed on arrival by our highly qualified nurse. For accurate results clients are asked to fast overnight (at least 8 hours). Water only is allowed and we encourage you to consume at least 500mls that morning (more if your appointment is midday or 2.00pm). Those with a 2.00pm appointment can have a light breakfast prior to 7.00am, and lots of water throughout the day. No caffeine drinks on the day, and please refrain from smoking for 2 hours prior to your appointment. We do serve light refreshments after your blood tests and also after exercising. Insulin-dependent diabetics are asked to book an 8.00am appointment and have their insulin after the blood test.

To complete the Exercise ECG / treadmill part of the Health Check, you must be able to walk unaided.

Booking Your Appointment

Please phone 02 9487 9700 to book your appointment, or for further information.

Appointments are available on Wednesdays and Thursdays, at 8.00am, 10.00am, 12.00pm and 2.00pm.

We ask you to provide us with an email address at the time of booking your appointment. This is in order to send you your information pack, which is sent exactly 3 weeks before your scheduled Health Check appointment. Email is preferred but if not available fax number will suffice.

The email will contain an 11 page questionnaire to be completed prior to your appointment & brought with you, further information on other tests available, a map and our cancellation fees policy. Adobe Reader is required to read this information.

Cost of Health Checks

The costs of Executive Health Checks are:

- \$950 for personal (non-company sponsored) clients
- \$1045 for corporate (company sponsored) clients, including 10% GST

The cost includes all standard blood tests, however there will be further charges for additional pathology or other tests requested, as mentioned earlier. Some pathology tests may be medicare-rebateable.

At this time, no Medicare rebate is available for health screening / preventative health checks, however the cost can be counted towards the annual medical expenses tax threshold for personal clients, and is often tax deductible for the company of corporate clients.

Please notify us on 02 9487 9700 as soon as possible if you are unable to attend your appointment. As two hours has been set aside, and it is often difficult to fill at short notice, it is likely there will be a cancellation fee. There is a sliding scale commencing from 8-15 business days prior (\$300) to 3-7 days (\$400) and within 72 hours (\$530). If you rebook an appointment at the same time as cancelling this charge is reduced by \$100. This fee will be waived only in exceptional personal circumstances.

Our Location

Fox Valley Medical & Dental Centre (adjacent to Sydney Adventist Hospital)
187 Fox Valley Rd, Wahroonga
Sydney, NSW, Australia, 2076
Phone: +61 2 9487 9700
Fax: +61 2 9487 9733
Email: info@ehc.org.au

See [GoogleMap](#) for location and directions, or [SAH Campus Map](#) (PDF) for parking information. Parking is readily available adjacent to the Medical Centre, at a minimal fee.