



Preventicum combines '6-star' service with the latest medical technology and experienced doctors. Specifically tailored for key people, our Ultimate Check-Up is designed to give the most complete assessment of current health and risk factors and the highest level of reassurance.

Our Ultimate Check-Up with MRI Colonoscopy takes 5 hours and includes a unique, radiation-free MRI scan of your brain, heart, arteries and colon, as well as a virtual tour of your body with Director of Radiology Dr Joerg Kandyba.

The Check-Up includes up to two hours of consultations, blood and urine analysis, ECG, exercise test, spirometry, tonometry, audiometry, ultrasound examinations and a final results and lifestyle consultation with Medical Director Dr Garry Savin.

Clients have their own private room with television and internet access and enjoy a nutritious lunch before leaving the clinic. Clients receive all results during a full consultation on the day and a full written report is posted within ten working days.

*"I booked an Ultimate Check-Up at Preventicum in January for my own peace of mind. It was far more thorough than I had anticipated and the doctors detected a brain aneurysm. Luckily, it was detected early enough to be successfully treated and I was back at work less than 3 months after the surgery. I wholeheartedly recommend having this Check-Up, whether you have a specific concern or just want to find out how healthy you really are. Preventicum certainly saved my life."*

Karren Brady  
Managing Director  
Birmingham City Football Club

## Ultimate Check-Up

**£2,950**

**MRI Colonoscopy**, usually £1,000, can be added to your Ultimate Check-Up for an additional **£450**.

- One-to-one detailed consultation with our Medical Director
- Full physical examination with Medical Director
- Magnetic Resonance Imaging (MRI) scans: unique radiation-free imaging of the brain, heart structure & function and arterial system
- Virtual tour of your body using your MRI images with our Director of Radiology, plus a DVD of your images to take away, including a video of your beating heart
- Ultrasound examinations: carotid arteries, abdominal aorta, spleen, kidneys, adrenals, liver, pancreas, gallbladder, bladder, common bile duct, prostate, ovaries and uterus
- Exercise ECG (treadmill)
- Resting ECG
- Spirometry (lung function test)
- Over 40 blood tests and urine analysis
- Basic observations including height, weight, BMI, resting heart rate, blood pressure
- Hearing test
- Tonometry (Glaucoma test)
- Same-day results consultation to discuss findings and risk factors, cardiovascular risk score, lifestyle advice and referrals to relevant GP or specialist if necessary
- Full written report with personalised trend analysis within 5 days

## Essential Plus Check-Up

**£990**

- As Ultimate, excluding MRI examinations

## Essential Check-Up

**£675**

- As Ultimate, excluding MRI and ultrasound examinations

If clinically indicated, other examinations can be arranged, including consultant-led bilateral digital mammogram and ultrasound.

## Our Check-Ups

	PREVENTICUM					
	Ultimate Male	Ultimate Female	Essential Plus Male	Essential Plus Female	Essential Male	Essential Female
	£2,950	£2,950	£990	£990	£675	£675
	additional £450 for MRI Colonoscopy (usually £1,000)					
<b>MRI Scans (entirely radiation-free)</b>						
Heart muscle & valves	•	•				
Heart function	•	•				
Major arteries: head & neck	•	•				
chest	•	•				
abdomen & pelvis	•	•				
lower limbs	•	•				
Brain	•	•				
Sinuses	•	•				
Colon**	•	•				
Liver and spleen (general)	•	•				
Pancreas (general)	•	•				
Kidneys (general)	•	•				
<b>Ultrasound scans</b>						
Arteries of the neck (carotids)	•	•	•	•		
Abdominal aorta	•	•	•	•		
Liver, gallbladder, bladder, common bile duct, spleen	•	•	•	•		
Pancreas	•	•	•	•		
Kidneys and adrenals	•	•	•	•		
Uterus and ovaries	•	•	•	•		
Prostate	N/A	N/A	•	•		
Bladder	•	•	•	•		
<b>Consultations, physical examinations and reports</b>						
Personal, detailed consultation with doctor	•	•	•	•	•	•
Lifestyle discussion	•	•	•	•	•	•
Physical examination with doctor	•	•	•	•	•	•
Cardiac examination	•	•	•	•	•	•
Hernia check	•	•	•	•	•	•
Testicular examination	•	N/A	•	N/A	•	N/A
Testicular self-instruction examination	•	N/A	•	N/A	•	N/A
Prostate examination*	•	N/A	•	N/A	•	N/A
Breast examination	N/A	•	N/A	•	N/A	•
Breast self-instruction examination*	N/A	•	N/A	•	N/A	•
Pelvic examination*	N/A	•	N/A	•	N/A	•
Consultant-led bilateral digital mammogram**	N/A	•	N/A	•	N/A	•
Consultant-led bilateral breast ultrasound **	N/A	•	N/A	•	N/A	•
Resting blood pressure	•	•	•	•	•	•
Height, weight and BMI (body mass index)	•	•	•	•	•	•
Waist circumference measurement	•	•	•	•	•	•
Body fat percentage	•	•	•	•	•	•
Personalised trend analysis	•	•	•	•	•	•
Medical questionnaire	•	•	•	•	•	•
Gynaecological questionnaire	N/A	•	N/A	•	N/A	•
Cardiovascular risk score	•	•	•	•	•	•
Stress/anxiety/depression assessment	•	•	•	•	•	•
Occupation satisfaction assessment	•	•	•	•	•	•
Sleep disorder questionnaire	•	•	•	•	•	•
Specialist referral	•	•	•	•	•	•
Full medical report	•	•	•	•	•	•
Lifestyle analysis and advice	•	•	•	•	•	•
Early disease detection awareness brochures	•	•	•	•	•	•
Consultation with Director of Radiology	•	•	•	•	•	•
<b>Cardiac testing</b>						
Exercise ECG	•	•	•	•	•	•
Resting ECG	•	•	•	•	•	•
Spirometry: lung function test	•	•	•	•	•	•
<b>Audiometry and tonometry</b>						
Hearing test	•	•	•	•	•	•
Tonometry (Glaucoma test)	•	•	•	•	•	•
<b>Pathology</b>						
Urine analysis	•	•	•	•	•	•
Cervical smear*	•	•	•	•	•	•
Microscopic blood (urine)*	•	•	•	•	•	•
Chlamydia**	•	•	•	•	•	•
HIV**	•	•	•	•	•	•
Full biochemistry profile	•	•	•	•	•	•
Full haematology profile	•	•	•	•	•	•
ESR	•	•	•	•	•	•
Iron and TIBC	•	•	•	•	•	•
Glucose	•	•	•	•	•	•
Cholesterol	•	•	•	•	•	•
PSA*	•	N/A	•	N/A	•	N/A
HsCRP level	•	•	•	•	•	•
Thyroid-stimulating hormone level*	•	•	•	•	•	•
Thyroid function test*	•	•	•	•	•	•
Rubella antibodies*	N/A	•	N/A	•	N/A	•
Allergy testing**	•	•	•	•	•	•
Hepatitis B**	•	•	•	•	•	•
Hepatitis C**	•	•	•	•	•	•
Helicobacter pylori**	•	•	•	•	•	•
<b>Other</b>						
Same-day results	•	•	•	•	•	•
Virtual tour of body & DVD of MRI images	•	•	•	•	•	•
Private room with TV, internet access & telephone	•	•	•	•	•	•
Nutritious lunch	•	•	•	•	•	•
Option to upgrade to another check-up	N/A	N/A	•	•	•	•
MRI scanner on-site for referred scans	•	•	•	•	•	•

**SEX**  
\* = only if clinically indicated  
\*\* = charge is incurred

## How do we compare?

	PREVENTICUM						BUPA		NUFFIELD	
	Ultimate Male	Ultimate Female	Essential Plus Male	Essential Plus Female	Essential Male	Essential Female	Male Premier	Female Premier	Male Vi6	Female Vi6
	£2,950	£2,950	£990	£990	£675	£675	£580	£630	£570	£595
	additional £450 for MRI Colonoscopy (usually £1,000)									
<b>MRI Scans (entirely radiation-free)</b>			MRI scans included in Ultimate Check-Up		MRI scans included in Ultimate Check-Up					
Heart muscle & valves	•	•								
Heart function	•	•								
Major arteries: head & neck	•	•								
chest	•	•								
abdomen & pelvis	•	•								
lower limbs	•	•								
Brain	•	•								
Sinuses	•	•								
Colon**	•	•								
Liver and spleen (general)	•	•								
Pancreas (general)	•	•								
Kidneys (general)	•	•								
<b>Ultrasound scans</b>			Ultrasound scans included in Ultimate and Essential Plus Check-Ups		Ultrasound scans included in Ultimate and Essential Plus Check-Ups					
Arteries of the neck (carotids)	•	•	•	•						
Abdominal aorta	•	•	•	•						
Liver, gallbladder, bladder, common bile duct, spleen	•	•	•	•						
Pancreas	•	•	•	•						
Kidneys and adrenals	•	•	•	•						
Uterus and ovaries	•	•	•	•						
Prostate	N/A	•	•	•						
Bladder	•	•	•	•						
<b>Consultations, physical examinations and reports</b>										
Personal, detailed consultation with doctor	•	•	•	•	•	•	•	•	•	•
Lifestyle discussion	•	•	•	•	•	•	•	•	•	•
Physical examination with doctor	•	•	•	•	•	•	•	•	•	•
Cardiac examination	•	•	•	•	•	•	•	•	•	•
Hernia check	•	•	•	•	•	•	•	•	•	•
Testicular examination	•	N/A	•	N/A	•	N/A	•	N/A	•	N/A
Testicular self-instruction examination	•	N/A	•	N/A	•	N/A	•	N/A	•	N/A
Prostate examination*	•	N/A	•	N/A	•	N/A	•	N/A	•	N/A
Breast examination	N/A	•	N/A	•	N/A	•	N/A	•	N/A	•
Breast self-instruction examination*	N/A	•	N/A	•	N/A	•	N/A	•	N/A	•
Pelvic examination*	N/A	•	N/A	•	N/A	•	N/A	•	N/A	•
Consultant-led bilateral digital mammogram**	N/A	•	N/A	•	N/A	•	N/A	•	N/A	•
Consultant-led bilateral breast ultrasound**	N/A	•	N/A	•	N/A	•	N/A	•	N/A	•
Resting blood pressure	•	•	•	•	•	•	•	•	•	•
Height, weight and BMI (body mass index)	•	•	•	•	•	•	•	•	•	•
Waist circumference measurement	•	•	•	•	•	•	•	•	•	•
Body fat percentage	•	•	•	•	•	•	•	•	•	•
Personalised trend analysis	•	•	•	•	•	•	•	•	•	•
Medical questionnaire	•	•	•	•	•	•	•	•	•	•
Gynaecological questionnaire	N/A	•	N/A	•	N/A	•	N/A	•	N/A	•
Cardiovascular risk score	•	•	•	•	•	•	•	•	•	•
Stress/anxiety/depression assessment	•	•	•	•	•	•	•	•	•	•
Occupation satisfaction assessment	•	•	•	•	•	•	•	•	•	•
Sleep disorder questionnaire	•	•	•	•	•	•	•	•	•	•
Specialist referral	•	•	•	•	•	•	•	•	•	•
Full medical report	•	•	•	•	•	•	•	•	•	•
Lifestyle analysis and advice	•	•	•	•	•	•	•	•	•	•
Early disease detection awareness brochures	•	•	•	•	•	•	•	•	•	•
Consultation with Director of Radiology	•	•	•	•	•	•	•	•	•	•
<b>Cardiac testing</b>										
Exercise ECG	•	•	•	•	•	•	•	•	•	•
Resting ECG	•	•	•	•	•	•	•	•	•	•
Spirometry: lung function test	•	•	•	•	•	•	•	•	•	•
<b>Audiometry and tonometry</b>										
Hearing test	•	•	•	•	•	•	•	•	•	•
Tonometry (Glaucoma test)	•	•	•	•	•	•	•	•	•	•
<b>Pathology</b>										
Urine analysis	•	•	•	•	•	•	•	•	•	•
Cervical smear*	•	•	•	•	•	•	•	•	•	•
Microscopic blood (urine)*	•	•	•	•	•	•	•	•	•	•
Chlamydia**	•	•	•	•	•	•	•	•	•	•
HIV**	•	•	•	•	•	•	•	•	•	•
Full biochemistry profile	•	•	•	•	•	•	•	•	•	•
Full haematology profile	•	•	•	•	•	•	•	•	•	•
ESR	•	•	•	•	•	•	•	•	•	•
Iron and TIBC	•	•	•	•	•	•	•	•	•	•
Glucose	•	•	•	•	•	•	•	•	•	•
Cholesterol	•	•	•	•	•	•	•	•	•	•
PSA*	•	N/A	•	N/A	•	N/A	•	N/A	•	N/A
HsCRP level	•	•	•	•	•	•	•	•	•	•
Thyroid-stimulating hormone level*	•	•	•	•	•	•	•	•	•	•
Thyroid function test*	•	•	•	•	•	•	•	•	•	•
Rubella antibodies*	N/A	•	N/A	•	N/A	•	N/A	•	N/A	•
Allergy testing**	•	•	•	•	•	•	•	•	•	•
Hepatitis B**	•	•	•	•	•	•	•	•	•	•
Hepatitis C**	•	•	•	•	•	•	•	•	•	•
Helicobacter pylori**	•	•	•	•	•	•	•	•	•	•
<b>Other</b>										
Same-day results	•	•	•	•	•	•	•	•	•	•
Virtual tour of body & DVD of MRI images	•	•	•	•	•	•	•	•	•	•
Private room with TV, internet access & telephone	•	•	•	•	•	•	•	•	•	•
Nutritious lunch	•	•	•	•	•	•	•	•	•	•
Option to upgrade to another check-up	N/A	N/A	•	•	•	•	•	•	•	•
MRI scanner on-site for referred scans	•	•	•	•	•	•	•	•	•	•

**KEY**  
 \* = only if clinically indicated  
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