



Preventicum

World-class health assessments

World-class health assessments



In-depth consultations with expert doctors



Dedicated clinical team



Leading-edge, holistic approach



Advanced radiation-free imaging



Innovative brain imaging



Extensive cardiac assessment



Detailed ultrasound scans



Extensive laboratory testing



Network of specialists



One day Under one roof



Luxury client suites



Same-day results Dedicated portal

Unparalleled preventive healthcare

For over eighteen years, Preventicum has combined five-star service with cutting-edge medical technology and clinical expertise to offer unparalleled health assessments. We consistently research and introduce new clinical developments to remain at the forefront of preventive healthcare and to ensure we build long-lasting partnerships with you, our client.

Our expert team focuses on early detection and prevention of many health concerns including heart disease, cancers, stroke and diabetes. Your assessment will include two thorough consultations with your Preventicum Doctor and a third with our Consultant Radiologist. All tests are led by our dedicated clinical team, with results before you leave the clinic, so you feel reassured and armed with the information you need. A detailed, written report and any necessary specialist referrals will be available on your dedicated client portal, along with test results from each of your Preventicum assessments over the years.

Experience the pinnacle of preventive healthcare with our Optimal and Ultimate assessments, setting new standards with our pioneering approach and offering you the ultimate peace of mind.



DR YING-YOUNG HUI
MEDICAL DIRECTOR



The best medical I have ever had.
I recommend Preventicum
without question.



OUR HEALTH ASSESSMENTS

Optimal



The world's most clinically advanced health assessment with pioneering heart and brain analysis

£10,500

06

Ultimate



An extensive, leading-edge health assessment for peace of mind

£7,000

10

Core



An advanced interim health assessment for corporate clients

£4,500

12



The world's most clinically advanced health assessment with pioneering heart and brain analysis

£10,500

Optimal

ASSESSMENT



THE DETAILS

Consultation and physical examination with your Preventicum Doctor

You will spend up to one hour discussing your current health, medical and family history and any concerns you have, as well as a full physical examination of the eyes, ears, mouth, throat, heart, lungs, musculoskeletal system, gastrointestinal system and any worrying skin lesions. Male clients will have an examination of the prostate and female clients will have a full gynaecological examination and smear test, if clinically indicated.

Vital observations

Our team will measure your height, weight, BMI, resting heart rate and blood pressure.

Over 50 laboratory blood tests and urine analysis

We carry out a full blood count, comprehensive cholesterol profile, liver and kidney function tests, bone profile, iron studies, inflammatory markers, thyroid function, HbA 1c (diabetes test), PLAC test (marker of inflammation associated with an increase in plaque in the arteries and an indicator of heart disease and stroke risk), vitamin B9 (folate), vitamin B12, vitamin D and PSA where clinically indicated. Urine is tested for protein, glucose, leucocytes and blood.

Magnetic Resonance Imaging (MRI)

Our experienced team of radiographers will take care of you during your time in our state-of-the-art MRI scanners which are equipped with in-bore technology, ambient lighting and a choice of music or film for a relaxing audio-visual experience.

Your Optimal scans will include:

- brain
- BrainKey
- heart
- Oxygenation-Sensitive Cardiac MRI
- LiverMultiScan
- organs and arteries of the abdomen and pelvis
- one musculoskeletal area, e.g. your knee, shoulder or hip

Ultrasound examinations

Our dedicated sonographers will scan your thyroid, carotid arteries, abdominal aorta, liver, gallbladder, biliary tree, pancreas, kidneys, spleen, bladder, uterus and ovaries in women and the prostate and testes in men.

Resting electrocardiogram (ECG)

A resting ECG is used to diagnose many electrical heart abnormalities and can help to show if there is the possibility of significant coronary artery disease.

Exercise stress echocardiogram

Our expert cardiac team will guide you through your stress echocardiography test using specialist ultrasound imaging combined with the exercise stress test on either a treadmill or supine bike to show how well your heart muscle is working to pump blood around your body. It is used to detect a decrease in blood flow to the heart from narrowing of the coronary arteries, to assess heart function and structure and can diagnose underlying heart disease. Preventicum was the first UK clinic to introduce this test as part of a screening health assessment.

Spirometry

Our team will perform your spirometry to measure your lung function and help detect lung disease.

Body composition analysis

Our advanced InBody970 provides an extensive map of your body composition using 3MHz technology.

Audiometry

Our team will measure the sensitivity of your hearing across a range of frequencies.

Tonometry

Our team will measure your intraocular pressures to screen for glaucoma.

Radiologist consultation

You will explore hundreds of your MRI scans with our Consultant Radiologist, including a video of your beating heart. After your assessment, you will be able to view your images on your own device.

In partnership with Medical iSight, your brain scans will be converted into a 3D Augmented Reality visual using ground-breaking technology. Wearing a Microsoft HoloLens, you will be able to view and interact with your brain in an unparalleled, immersive experience.

Results consultation

Your assessment will conclude with a results consultation with your Preventicum Doctor, during which you will discuss your test results, further management of any clinical findings and referrals to our network of specialists where relevant.

Your detailed report

Following your assessment, you will receive a detailed clinical report including a bespoke lifestyle prescription and all of your test results, images and findings.



INCLUDED IN OUR OPTIMAL ASSESSMENT



Unique immersive holographic experience

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BrainKey

This pioneering approach to brain longevity analyses your MRI scans to measure over 25 regions of your brain and calculate your brain age. A 3D dashboard built by neuroscientists will give you a clear picture of your brain health and includes personal recommendations for nutrition, exercise and lifestyle changes.



Oxygenation-Sensitive Cardiac MRI

We are excited to partner with Area19 to introduce Oxygenation-Sensitive Cardiac MRI (OS-CMR). This world first in preventive health assessments offers a stress and medication free way of testing coronary vascular function in just three minutes, using AI-informed analysis.



LiverMultiScan

Early diagnosis of liver disease often means that, with lifestyle changes and or medication, the liver has the ability to regenerate itself. LiverMultiScan offers advanced imaging that provides detailed measures of inflammation, fibrosis and fat, offering a complete picture of liver health.



My visit to Preventicum gave me a life I would not otherwise have today.





An extensive,
leading-edge health
assessment for
peace of mind

£7,000

Ultimate

ASSESSMENT



In-depth consultations
with expert doctors



Dedicated
clinical team



Advanced
MRI scans



Extensive
cardiac assessment



Detailed
ultrasound scans



Extensive
laboratory testing



Network of
specialists



One day
Under one roof



6 hours



Luxury client suites



Same-day results
Dedicated portal

THE DETAILS

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An advanced interim health assessment for corporate clients

£4,500

Core ASSESSMENT



In-depth consultations with expert doctors



Dedicated clinical team



Extensive cardiac assessment



Detailed ultrasound scans



Extensive laboratory testing



Network of specialists



One day Under one roof



4 hours



Luxury client suites



Same-day results Dedicated portal

THE DETAILS

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Your detailed report

Following your assessment, you will receive a detailed clinical report including a bespoke lifestyle prescription and all of your test results, images and findings.



The whole team is knowledgeable, passionate and dedicated to ensuring you feel completely at ease. The technology is astounding and I could not have had a better experience.



OUR ASSESSMENTS

| | Optimal | | Ultimate | | Core | |
|--|---------|--------|----------|--------|------|--------|
| | Male | Female | Male | Female | Male | Female |
| Consultations, physical examinations and reports | | | | | | |
| Personal, detailed consultation with your Preventicum Doctor | • | • | • | • | • | • |
| Lifestyle discussion and analysis | • | • | • | • | • | • |
| Medical questionnaire | • | • | • | • | • | • |
| Gynaecological questionnaire | | • | • | • | | • |
| Cardiovascular risk score | • | • | • | • | • | • |
| Mental health and psychological wellbeing assessment | • | • | • | • | • | • |
| Occupation satisfaction assessment | • | • | • | • | • | • |
| Sleep disorder questionnaire | • | • | • | • | • | • |
| Physical examination with doctor including: | • | • | • | • | • | • |
| - Cardiac examination | • | • | • | • | • | • |
| - Respiratory system examination | • | • | • | • | • | • |
| - Hernia check * | • | • | • | • | • | • |
| - Testicular examination and self-examination instruction* | • | | • | | • | |
| - Prostate examination * | • | | • | | • | |
| - Breast examination and self-examination instruction* | | • | | • | | • |
| - Pelvic examination * | | • | | • | | • |
| - Examination of specific skin abnormalities** | • | • | • | • | • | • |
| Consultation and virtual tour of your MRI images with your Preventicum Radiologist | • | • | • | • | | |
| Unique immersive holographic experience with your Preventicum Radiologist | • | • | | | | |
| Same-day results | • | • | • | • | • | • |
| Detailed report, recommendations and referrals | • | • | • | • | • | • |
| Preventicum Lifestyle Prescription | • | • | • | • | • | • |
| Personalised trend analysis (if previous attendance) | • | • | • | • | • | • |
| MRI scans | | | | | | |
| Brain | • | • | • | • | | |
| Blood vessels supplying brain (circle of Willis) | • | • | • | • | | |
| BrainKey | • | • | | | | |
| Heart muscle and valves | • | • | • | • | | |
| Heart function | • | • | • | • | | |
| Aortic distensibility | • | • | • | • | | |
| Oxygenation-Sensitive Cardiac MRI | • | • | | | | |
| LiverMultiScan | • | • | • | • | | |
| Abdomen: liver, spleen, pancreas, kidneys, gallbladder and abdominal aorta | • | • | • | • | | |
| Pelvis: bladder, womb, ovaries | | • | | • | | |
| Pelvis: bladder and non-dedicated scan of the prostate | • | | • | | | |
| Musculoskeletal (MSK) region of your choice | • | • | | | | |
| Ultrasound scans | | | | | | |
| Arteries of the neck (carotids) | • | • | • | • | • | • |
| Abdominal aorta | • | • | • | • | • | • |
| Liver | • | • | • | • | • | • |
| Gallbladder | • | • | • | • | • | • |
| Common bile duct | • | • | • | • | • | • |
| Spleen | • | • | • | • | • | • |
| Pancreas | • | • | • | • | • | • |
| Kidneys and urinary tract | • | • | • | • | • | • |
| Bladder | • | • | • | • | • | • |
| Uterus and ovaries | | • | | • | | • |
| Prostate volume | • | | • | | • | |
| Testes | • | | • | | • | |

| | Optimal | | Ultimate | | Core | |
|--|---------|--------|----------|--------|------|--------|
| | Male | Female | Male | Female | Male | Female |
| Cardiac testing | | | | | | |
| Exercise stress echocardiogram | • | • | • | • | • | • |
| Resting electrocardiogram (ECG) | • | • | • | • | • | • |
| Spirometry | • | • | • | • | • | • |
| Basic observations | | | | | | |
| Resting blood pressure | • | • | • | • | • | • |
| Height, weight and body mass index (BMI) | • | • | • | • | • | • |
| InBody970 | | | | | | |
| Body composition analysis | • | • | • | • | • | • |
| Visceral fat analysis | • | • | • | • | • | • |
| Body fat percentage | • | • | • | • | • | • |
| Eyes & Ears | | | | | | |
| Audiometry | • | • | • | • | • | • |
| Tonometry | • | • | • | • | • | • |
| Pathology | | | | | | |
| Full Biochemistry Profile: | • | • | • | • | • | • |
| Kidney tests, uric acid, calcium, total protein albumin, globulin | | | | | | |
| Full Haematology Profile (full blood count): | • | • | • | • | • | • |
| Haemoglobin, HCT, red cell count, MCV, MCH, MCHC, RDW, white blood cells, neutrophils, lymphocytes, monocytes, basophils, eosinophils, platelets, blood film | | | | | | |
| Erythrocyte Sedimentation Rate (ESR) | • | • | • | • | • | • |
| Iron and Total Iron Binding Capacity (TIBC) | • | • | • | • | • | • |
| Ferritin | • | • | • | • | • | • |
| HbA1c (diabetes test) | • | • | • | • | • | • |
| Total cholesterol | • | • | • | • | • | • |
| HDL & LDL cholesterol | • | • | • | • | • | • |
| Cholesterol HDL ratio | • | • | • | • | • | • |
| Lp-PLA2 PLAC | • | • | | | | |
| Triglycerides | • | • | • | • | • | • |
| Prostate-Specific Antigen (PSA) * | • | | • | | • | |
| HsCRP level | • | • | • | • | • | • |
| Thyroid function test | • | • | • | • | • | • |
| Vitamin B9 (folate) | • | • | • | • | • | • |
| Vitamin B12 | • | • | • | • | • | • |
| Vitamin D | • | • | • | • | • | • |
| Urine analysis | • | • | • | • | • | • |
| HPV (cervical smear) * | | • | | • | | • |
| Urine microscopy and culture * | • | • | • | • | • | • |
| Faecal Immunochemical Test (FIT) * | • | • | • | • | • | • |
| Luxury client experience | | | | | | |
| Private client suite | • | • | • | • | • | • |
| Dedicated client concierge | • | • | • | • | • | • |
| Preventicum client wear and amenities | • | • | • | • | • | • |
| Pre-ordered nutritious lunch and snacks | • | • | • | • | • | • |
| Hotel and car service on request (additional charge applies) | • | • | • | • | • | • |
| * Where clinically indicated | | | | | | |
| ** As indicated by you | | | | | | |

World-class MRI technology

- ☀ Leading Consultant Radiologists
- ☀ Expert team of Senior Radiographers
- ☀ Radiation-free imaging
- ☀ Your choice of immersive audio-visual experience
- ☀ Continuous voice contact with the team
- ☀ Extra-wide scanner for your comfort
- ☀ Dedicated scans of your brain, heart, liver, abdomen and pelvis



Preventicum





The overall experience was excellent and I was highly impressed. Preventicum took things to a completely new level for me. Your team is first class.



Our world-class doctors

Our dedicated team of leading GPs and expert Consultant Radiologists



Dr Ying-Young Hui
Medical Director
MBBS BSc MRCGP DOccMed



Dr Uzma Ali
Preventicum Doctor
MBBS MRCP MRCGP



Dr Moushumi Baruah
Preventicum Doctor
MBBS BSc (Hons) DRCOG
DFSRH MRCGP PGCE FRSPH



Dr Bronya Gorney
Preventicum Doctor
MA MBBS MRCGP
MRCP DTMH DFSRH



Dr Asha Katwa
Preventicum Doctor
MBBS BSc MRCGP MRCS
(Eng) DOHNS PG DIP ENT PG
Cert Pallcare



Dr Kartik Modha
Preventicum Doctor
MRCGP MBBS (Hons)
BSc (Hons)



Dr Fejzal Motala
Preventicum Doctor
MBChB DA

DOCTORS



Dr Mehma Rai
Preventicum Doctor
MBBS BSc (Nutrition)
MRCGP DRCOG



Dr John Roegner
Preventicum Doctor
MD



Dr Michaela Schuhwerk
Preventicum Doctor
MRCP DTMH DipGUM
DFFP MSc ID and
Tropical Medicine CCST



Dr Willem Theron
Preventicum Doctor
Microbiology MSc (Hons) MBChB
Sports Medicine MSc DOccMED



Dr Syed Babar
Consultant Radiologist
DMRD FRCR



Dr Med. Christoph Juli
Consultant Cardiac Radiologist
FRCR



Dr Hammad Siddiqi
Consultant Radiologist
FRCR

RADIOLOGISTS



Preventicum

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