



MY HEALTH CHECK-UP

**YOUR
HEALTH IS
OUR TOP
PRIORITY**



WHAT IS MY HEALTH CHECK-UP?

Protect your most important asset - your health. It is not just for you but also for your loved ones, who depend on you.

Whether you are a busy executive, retiree or working parent, your health is important. It is crucial to take time to take care of yourself, because optimal health is vital to leading an active and meaningful life.

At Wigram Health, your health is our top priority. We also understand that you want a premium service with minimal hassle. We have combined our clinical excellence and our state-of-art facility to bring you **My Health Check-up**, the most comprehensive executive wellness programme available.

My Health Check-up is designed to:

- Uncover potential health problems.
- Proactively manage identified health problems.
- Reduce or eliminate any health risk factors.
- Empower you to achieve a positive lifestyle change.

Through our programme, you will acquire a detailed knowledge about your health status and know exactly what actions to take to improve your health and wellness.



ONGOING CARE

We are committed to building a long-term relationship with you to provide an outstanding care experience.

Your visit day only marks the beginning of our long-term relationship. After your visit, our team will coordinate all the follow-up care and make sure that all your concerns have been addressed. We will also send you a reminder when your next check-up is due.

A DEDICATED COORDINATOR

We do everything possible to coordinate your visits with your busy schedule.

Our wellness coordinator will schedule all the visits at times that best suit you and advise you of any preparation required.

Prior to your visit, the coordinator will send you a health questionnaire. We use this questionnaire to customise your evaluation based on your health needs. The coordinator will also arrange for you to have a blood and urine test prior to your visit.

Doing these tests before your actual visit means that your doctor will have all the results on your visit date to discuss with you.

A DEDICATED WELLNESS DOCTOR

On your visit day, you will meet a dedicated wellness doctor, who takes all the time necessary to understand your health concerns and carries out a comprehensive head-to-toe examination.

At the end of the evaluation, the doctor will discuss your examination findings and test results. The doctor will then recommend a management plan which may include lifestyle advice, treatments, further investigations, and specialist referral.

You will also get a comprehensive written report either delivered to your home or emailed.



YOUR COMPREHENSIVE EVALUATION

My Health Check-up is the most comprehensive health evaluation tailored to your health needs.

HISTORY AND EXAM

Review of your health questionnaire and head-to-toe examination providing an assessment of your overall health.

COMPREHENSIVE LAB TESTS

- **Complete blood test** to check your complete blood count, cardiovascular risk, kidney health, liver health, thyroid health, and nutritional status.
- **Urinalysis** detect problems such as diabetes and kidney disorders.

CARDIAC HEALTH

- **Resting electrocardiogram (ECG)** takes a recording of electrical activity within your heart muscles. The test can detect potentially serious heart problems such as blockage of your heart blood vessels and rhythm problems.

LUNG HEALTH

- **Spirometry** measures how well you fill and empty your lungs of air. The test can detect lung problems such as asthma and chronic obstructive lung disease.

- **Chest X-ray** is an imaging test that uses small amounts of radiation to help spot abnormalities or diseases of the airways, blood vessels, bones, heart, and lungs.

VISUAL HEALTH

- **Fundoscopy** directly visualises your retina. It is crucial in determining the health of the retina, optic disc, and vitreous humour.
- **Visual acuity** tests measure the ability to see fine details.
- **Ishihara test** is used to screen for colour perception.

HEARING

- **Audiometry** is the measurement of the range and sensitivity of your sense of hearing. It detects hearing loss.

BIOMETRIC EVALUATION

- **Body composition analysis** is performed using our state-of-art body composition analyser. This gives useful information such your percentage of body fat, degree of visceral obesity and muscle mass.

SPECIALISED DIAGNOSTIC IMAGING (AS CLINICALLY INDICATED)

These specialised diagnostic imaging tests are provided by Pacific Radiology, if clinically indicated after consultation with our wellness doctor:

- **Ultrasound Aorta**

Screening for abdominal aortic aneurysm.

- **Ultrasound Carotid**

Screening for carotid artery stenosis, which is a risk factor for strokes.

- **Ultrasound Female Pelvis**

Screening for abnormalities in the ovaries and uterus.

- **Mammography**

Breast cancer screening for women who are not eligible for the government funded screening programme.

- **CT Colonography***

Screening for bowel cancer.

- **CT Coronary Artery Calcium Scoring***

Screening for coronary artery disease.

- **Bone Density Scan***

Screening for osteoporosis.

There are other tests that could be arranged after consultation with our wellness doctors if clinically indicated. Wigram Health doctors annually review and update programmes to offer patients the latest in health care.

**These tests will be performed at St. George's Radiology, 151 Leinster Road.*



To make an appointment for My Health Check-up or find out more, please contact us on:

Phone: 03 349 8613 Email: mycheckup@wigramhealth.co.nz www.wigramhealth.co.nz

