

# Health Assessments



Unlock your health potential with a health assessment



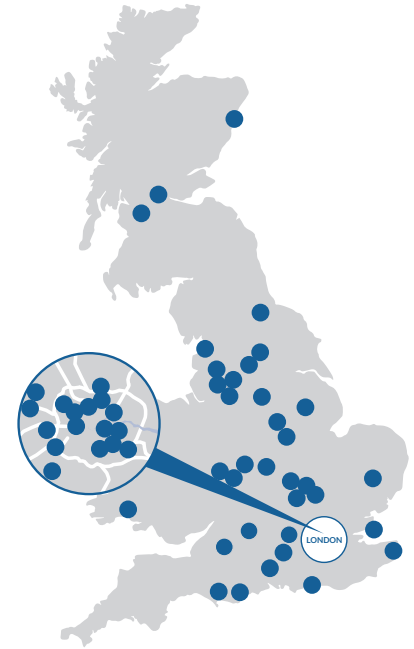
# About Circle Health Group

Circle Health Group is the leading independent provider of hospital services in the UK. More than 6,500 specialists practice across our hospitals, which handle more than 2 million patient visits per year. We provide a full range of services and offer the latest treatments and cutting-edge facilities in a calm and peaceful environment where patients are always the priority.

Our national network includes hospitals with inpatient, day case and outpatient facilities, a rehabilitation centre and an integrated care service.

Our core focus is on the efficient and effective delivery of high-quality care, to ensure enhanced clinical outcomes and that we maintain our position at the forefront of private healthcare in the United Kingdom.

[www.circlehealthgroup.co.uk](http://www.circlehealthgroup.co.uk)



## Multi Award-winning

**Private hospital  
group of the year**

**HealthInvestor Awards**  
2021, 2022, 2023 & 2024

**UK's leading private  
hospital group**

**LaingBuisson Awards**  
2021

**Health and social  
care's top 10 best  
companies to work for**

**Best Companies**  
Q2 2022

**Outstanding  
company to work for**

**Best Companies**  
2023

## How to book in 3 easy steps

1



Apply to the Baily Thomas Provident Fund for a health assessment. Once approved, the Baily Thomas Provident Fund will pass your details to Circle Health Group.

2



Circle Health Group will contact you to book you in for a health assessment. Alternatively, you can call 0800 004 600.

3



Attend your health assessment

## Advanced health assessment

Perfect for those starting to feel the impact of a busy lifestyle and who want a comprehensive health check. It will cover your heart, lungs, various cancer checks, a full set of blood tests, dietary and lifestyle checks. This is a two-hour thorough, head-to-toe examination, with two consultations, one with a doctor, the other with an experienced nurse.

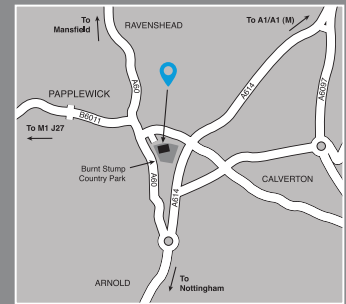
## Advanced plus health assessment

Designed for people who want to stay on top of their health with a detailed view of their current health status, helping to maintain vitality for the future. A thorough three-hour session with a doctor and a nurse for a comprehensive health check, including blood analysis to detect potential issues with your thyroid, liver, and kidneys, as well as an ECG to evaluate your body's response to stress and exercise.

## The Park Hospital is your closest Circle Health Group Hospital



For directions and further information about The Park Hospital, please scan the QR code or visit [www.circlehealthgroup.co.uk/park](http://www.circlehealthgroup.co.uk/park)



Health assessments are available at many Circle Health Group hospitals. To find out more, visit [www.circlehealthgroup.co.uk/private-health-check-assessments](http://www.circlehealthgroup.co.uk/private-health-check-assessments)

## Advanced health assessment

Our Advanced health assessment is a thorough, head-to-toe examination that takes about 2 hours. Here's what you can expect:

General	
<input checked="" type="checkbox"/>	Comprehensive medical and lifestyle questionnaire
<input checked="" type="checkbox"/>	Lifestyle consultation with a nurse
<input checked="" type="checkbox"/>	In depth consultation with a doctor
<input checked="" type="checkbox"/>	Personalised medical report

Measurements	
<input checked="" type="checkbox"/>	Blood pressure
<input checked="" type="checkbox"/>	Resting heart rate
<input checked="" type="checkbox"/>	Body mass index (height to weight ratio)
<input checked="" type="checkbox"/>	Waist measurement
<input checked="" type="checkbox"/>	Body Fat %
<input checked="" type="checkbox"/>	Urine analysis (kidney function, infection, diabetes)
<input checked="" type="checkbox"/>	Resting ECG (heart)
<input checked="" type="checkbox"/>	Faecal immunochemical test - bowel cancer - over 40
<input checked="" type="checkbox"/>	Detailed lung function test

Blood tests*	
<input checked="" type="checkbox"/>	Lipid (cholesterol) profile
<input checked="" type="checkbox"/>	Glucose level (blood sugar)
<input checked="" type="checkbox"/>	HbA1c (diabetes)
<input checked="" type="checkbox"/>	Full blood count
<input checked="" type="checkbox"/>	Kidney function
<input checked="" type="checkbox"/>	Uric acid (Gout)
<input checked="" type="checkbox"/>	Liver function
<input checked="" type="checkbox"/>	Calcium

Outline Investigations	
<input checked="" type="checkbox"/>	Nutritional and dietary assessment
<input checked="" type="checkbox"/>	Muscle and joint assessment
<input checked="" type="checkbox"/>	Emotional health assessment
<input checked="" type="checkbox"/>	Cardiovascular risk score

Male Specific Tests	
<input checked="" type="checkbox"/>	Testicular cancer awareness
<input checked="" type="checkbox"/>	Testicular cancer examination
<input checked="" type="checkbox"/>	Prostate Cancer blood test (PSA) – over 50

Female Specific Tests	
<input checked="" type="checkbox"/>	Breast cancer awareness
<input checked="" type="checkbox"/>	Breast examination
<input checked="" type="checkbox"/>	Cervical cancer screening (including smear and HVS if clinically appropriate)

\*8 hour fast required for accurate blood analysis.

We can make onward referrals to a Circle Health Group consultant, should further investigation be required.

The Advanced health assessment is available to those aged 18 years and over, and the Advanced plus is available to those aged 18 to 69 years.

# Advanced plus health assessment

The most comprehensive health assessment, with an extensive, up to 3-hour head-to-toe examination. Here's what you can expect:

General	
<input checked="" type="checkbox"/>	Comprehensive medical and lifestyle questionnaire
<input checked="" type="checkbox"/>	Lifestyle consultation with a nurse
<input checked="" type="checkbox"/>	In depth consultation with a doctor
<input checked="" type="checkbox"/>	Physical examination with a doctor
<input checked="" type="checkbox"/>	Personalised medical report

Measurements	
<input checked="" type="checkbox"/>	Blood pressure
<input checked="" type="checkbox"/>	Resting heart rate
<input checked="" type="checkbox"/>	Body mass index (height to weight ratio)
<input checked="" type="checkbox"/>	Waist measurement
<input checked="" type="checkbox"/>	Body Fat %
<input checked="" type="checkbox"/>	Urine analysis (kidney function, infection, diabetes)
<input checked="" type="checkbox"/>	Resting ECG (heart)
<input checked="" type="checkbox"/>	Faecal immunochemical test - bowel cancer - over 40
<input checked="" type="checkbox"/>	Detailed lung function test

Blood tests*	
<input checked="" type="checkbox"/>	Lipid (cholesterol) profile
<input checked="" type="checkbox"/>	Glucose level (blood sugar)
<input checked="" type="checkbox"/>	HbA1c (diabetes)
<input checked="" type="checkbox"/>	Full blood count
<input checked="" type="checkbox"/>	Kidney function
<input checked="" type="checkbox"/>	Uric acid (Gout)
<input checked="" type="checkbox"/>	Liver function
<input checked="" type="checkbox"/>	Calcium
<input checked="" type="checkbox"/>	Thyroid function test (TSH)

Outline Investigations	
<input checked="" type="checkbox"/>	Nutritional and dietary assessment
<input checked="" type="checkbox"/>	Muscle and joint assessment
<input checked="" type="checkbox"/>	Emotional health assessment
<input checked="" type="checkbox"/>	Cardiovascular risk score
<input checked="" type="checkbox"/>	Exercise ECG

Female Specific Tests	
<input checked="" type="checkbox"/>	Breast cancer awareness
<input checked="" type="checkbox"/>	Breast examination
<input checked="" type="checkbox"/>	Cervical cancer screening (including smear and HVS if clinically appropriate)

Male Specific Tests	
<input checked="" type="checkbox"/>	Testicular cancer awareness
<input checked="" type="checkbox"/>	Testicular cancer examination
<input checked="" type="checkbox"/>	Prostate cancer blood test (PSA) - over 50

\*8 hour fast required for accurate blood analysis.

We can make onward referrals to a Circle Health Group consultant, should further investigation be required.

The Advanced health assessment is available to those aged 18 years and over, and the Advanced plus is available to those aged 18 to 69 years.

# Unlock your health potential with a Circle health assessment

Once the Baily Thomas Provident Fund has approved your application for a health assessment, you can book by calling 0800 004 600 or search online for ***Circle health assessments***



[www.circlehealthgroup.co.uk/private-health-check-assessments](https://www.circlehealthgroup.co.uk/private-health-check-assessments)

At Circle Health Group, we understand that health is personal and unique to each individual. That's why we offer a range of comprehensive health assessments, each designed to cater to different lifestyles and concerns. Our goal is simple: to improve your quality of life and reduce your risk of common preventable illnesses, such as heart disease and diabetes.

## Discover your optimal health

Whether you're looking for an essential check-up or a comprehensive screening, our options provide valuable insights into your current health. When you choose a health assessment with us, you benefit from a one-to-one session. Our specialist nurses and doctors take the time to listen to your concerns, provide personalised

recommendations, and will give you the knowledge to make informed decisions about your health. You will feel empowered to monitor any past health issues or familial health concerns.

Investing in a health assessment is a proactive step toward improving your quality of life. By addressing concerns early on, you can maintain a healthy weight, manage chronic conditions effectively, and adopt preventive measures. Enjoy increased energy levels, a better mood, and peace of mind, knowing you are supported by a national award-winning healthcare group.