

Elite Preventive Health Assessment



Medical assessment

Comprehensive review of major body systems, including:

- Ear, nose and throat
- Lungs
- Digestive
- Urinary
- Heart
- Musculoskeletal
- Skin

Review of lifestyle habits and preventive health practices. Discussion of risk for cardiovascular disease and cancer.

Women's health

- Pelvic examination*
- Pap test (liquid)*
- Counselling regarding menopause, osteoporosis, premenstrual syndrome, fertility, etc.

Men's health

- Prostate assessment and genital examination*
- Counselling regarding erectile dysfunction, libido concerns, andropause, etc.

Laboratory testing*

Full panel blood work to analyze:

- Cholesterol
- Prostate-specific antigen (PSA) total and complex (> 45 years)
- Fasting blood sugar
- Complete blood count
- Kidney function
- Liver function
- Thyroid function
- Calcium and iron levels

Other

- Urinalysis
- Stool testing for fecal occult blood

Vision, hearing and lung function*

- Eye pressure test (> 40 years)
- Vision test
- Hearing test
- Pulmonary function test

Nutrition coaching

- Review of your eating habits, portion sizes and required nutritional intake
- Action plan and personalized recommendations to help you achieve your goals, such as healthy weight, athletic performance, gluten-free diet, reduction of cholesterol, and more

Ultrasound*

- Assessment of internal organs, including liver, gallbladder, kidneys, spleen and pancreas, to identify and screen for health issues such as early stage renal cancer, aortic aneurysm, pancreatic cancer, and other issues

Fitness assessment

- Resting and exercise electrocardiograms (ECGs)*
- Musculoskeletal fitness assessment to assess your muscular strength, endurance and power
- Functional movement screening (FMS) to identify imbalances and limitations in mobility and stability
- Health coaching to help you achieve your fitness and weight goals
- Body composition test to determine your fat mass, muscle mass, visceral fat, total body water and more (only available in Québec)

Results and feedback

- Access to a confidential online results portal focused on personalized recommendations and follow-up
- Year-over-year comparison of test results
- Post-assessment feedback from the physician to discuss results and to formulate a strategy for mitigating any health risks

Other

- Basic immunization update (D2T5; Polio; MMR)*
- Prescription renewals, if medically indicated
- Referrals to specialists, if medically indicated
- Coordination of external and internal appointments



Notes: Some aspects of the above may vary depending upon the patient's age, gender, and personal risk factors, as well as provincial and College regulations. In Québec, a patient can only do the tests noted with an asterisk (*) if the physician determines that these tests are medically necessary during the patient's initial medical assessment.

To inquire, speak with a TELUS Health Care Centres representative, call us at 1-800-361-3493, or find a Care Centre and learn more about available services by visiting telushealth.com/carecentres.