



Total Body MRI

# Advanced health insights

Health insights from head-to-ankles  
in one seamless experience

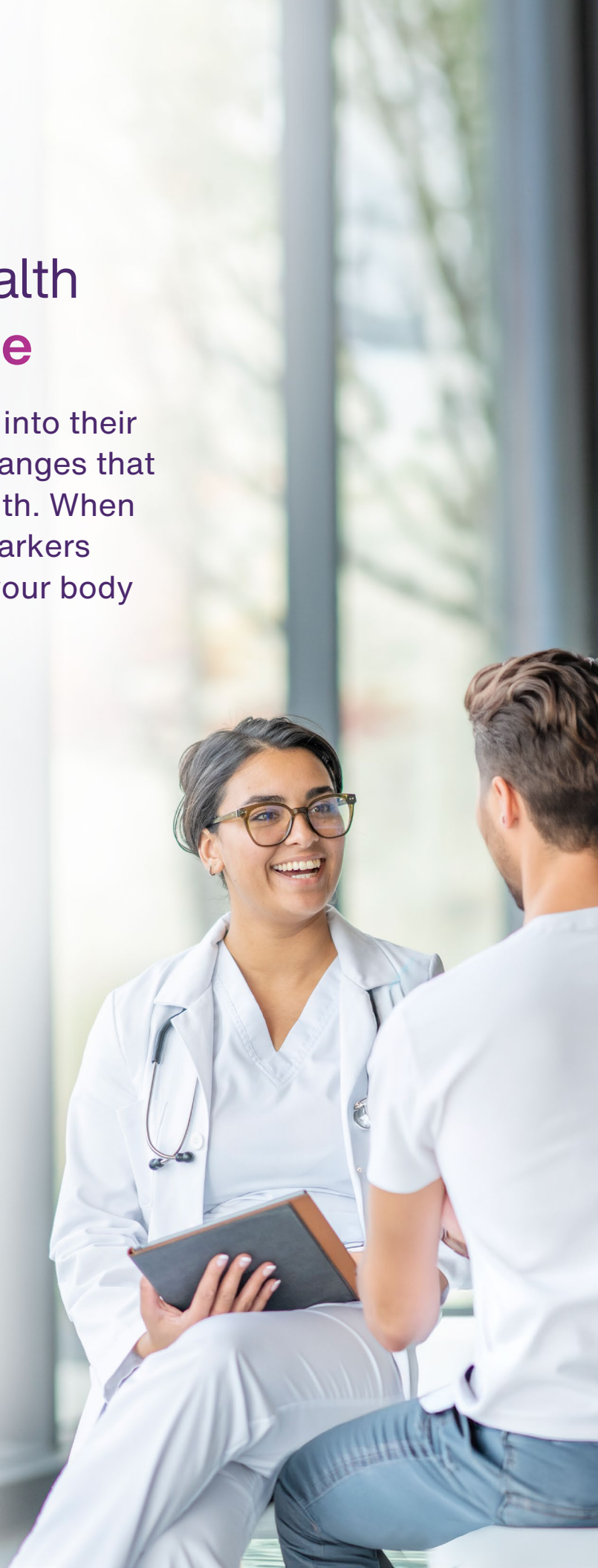


# The path to better health starts with **knowledge**

Most people have limited visibility into their internal health. Total Body MRI changes that by providing a picture of your health. When included, lab testing for 80+ biomarkers adds even more insight into how your body is functioning.

## Why choose Total Body MRI?

- **Interwoven results:** We combine a full-body MRI with an extensive blood panel of 80 biomarkers, providing more health information.
- **Comfort first:** Relax in a comfortable, open-style MRI while watching a movie or listening to music. Unlike CT scans, MRI imaging does not use ionizing radiation. It offers a non-invasive way to review your anatomy.
- **Expert interpretation:** Your results aren't just raw data. A clinician reviews them in the context of your health history and lifestyle, translating complex information into actionable insights you can understand.
- **A roadmap for health:** Your results are displayed in a secure digital dashboard you can access anytime. See your health data clearly, track changes year-over-year, and share with your healthcare providers as needed.



# Two options to fit your needs

|                                                                       | <br><b>TELUS Health<br/>Total Body MRI</b><br>with labs | <br><b>TELUS Health<br/>Total Body MRI</b><br>without labs |
|-----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Full body MRI</b>                                                  |                                                         |                                                            |
| <b>Bloodwork:<br/>80 biomarkers</b>                                   |                                                       |                                                          |
| <b>Clinician<br/>interpretation of<br/>results and next<br/>steps</b> |                                                       |                                                          |
| <b>Digital dashboard</b>                                              |                                                       |                                                          |

This service is an elective screening tool intended to identify structural variations. It does not definitively diagnose any medical condition, nor is it a replacement for targeted diagnostic testing or routine medical care. Whole-body MRI screening is not a substitute for routine medical care, targeted diagnostic testing, or standard provincial screening programs. Please be aware that whole-body scans may identify benign abnormalities that require further medical evaluation, potentially leading to anxiety or unnecessary invasive testing. Always consult with your primary care provider regarding your specific health needs.

# Your patient journey

One seamless, 1.5-hour visit to our state-of-the-art clinic.



## Step 1:

### Pre-visit preparation

Complete a digital health questionnaire covering your medical history and lifestyle to personalize your Total Body MRI experience.



## Step 2:

### Lab testing and vital signs

10 minutes, optional

We check your vital signs including blood pressure, height and weight. If you selected the lab option, a blood draw and urine sample assess metabolic, cardiovascular, organ, immune, nutritional, and hormonal health.



## Step 3:

### MRI scan

60 minutes

Get radiation-free imaging of your head to your ankles, capturing structural information across 9 major body systems.

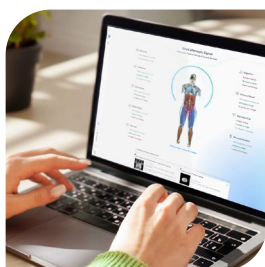


## Step 4:

### Clinical consultation

30 minutes

Meet with a clinician online or in person to review your MRI findings and lab results.



## Step 5:

### Dashboard access

Explore your results anytime in your secure digital dashboard. Share with your healthcare providers as needed.

# How Total Body MRI can benefit you

Total Body MRI may reveal structural variations and markers across your body systems. Your clinician will help you understand which findings need further discussion with your primary care provider.



## Brain & nervous system

MRI can show structural changes in the brain, including areas of concern, neurological volume, or white matter changes. Lab testing checks B12 levels, which support brain health. Together, these findings provide information about your neurological health and determine if any changes need further evaluation.



## Digestion organs

MRI can find indicators of fatty liver, pancreatic changes, and gallstones. Lab testing measures liver function, blood sugar, and insulin levels—all important for digestion and metabolism. Together, these findings may reveal metabolic imbalances or liver issues that could affect your long-term health.



## Hormone glands

MRI can identify structural changes in your thyroid, adrenal glands, and pituitary gland. Lab testing measures your thyroid hormone levels. Your clinician will review both together and discuss the results with you.



## Kidneys & bladder

MRI can find indicators of kidney stones, cysts, or blockages. Lab testing measures kidney function through creatinine and urea levels, plus a urine test that checks for protein—all important signs of how well your kidneys are working. Together, these findings may reveal kidney issues.



## Heart & blood vessels

MRI can find structural changes such as low ejection fraction, thickened walls, and abnormal bulging of the aorta while the lab panel checks cholesterol, Lp(a) and ApoB, which may identify cardiovascular variations.



## Reproductive system

MRI can find indicators of structural changes in reproductive organs—prostate enlargement or masses in men, and pelvic cysts, fibroids, or masses in women. Blood testing (PSA in men) supports reproductive health assessment. Together, these findings may reveal issues that warrant further gynecological or urologic evaluation.



## Respiratory system

MRI can identify structural lung anomalies, scarring, infection and inflammation while lab testing looks at Complete Blood Count (CBC). When combined, these measures may identify lung variations or infections that require further evaluation.



## Bones, joints & body composition

MRI shows your muscle and fat distribution, bone structure, and any stress fractures or bone marrow changes. Blood testing measures vitamin D levels, which are essential for bone health. Together, these findings may reveal bone or joint issues.



## Immune system

MRI can find indicators of enlargement in your lymph nodes or spleen. Blood testing measures white blood cells and platelets, which are key to fighting infection and clotting. Together, these findings may reveal signs of infection, inflammation, or blood cell disorders.



## Your next steps

Your clinician will walk through your results with you and answer any questions you have. Here's what comes next, based on your specific findings:

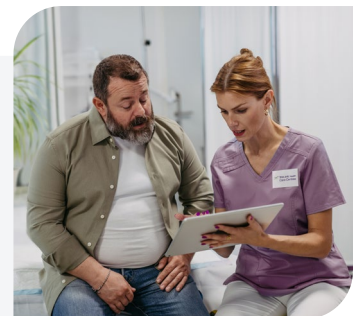
### If you have a significant result:

If further investigation is required based on your findings, our team will develop a summary and recommendations that they can share with your primary care provider. They will also be available to answer any follow-up questions your primary care provider may have.



### If you don't have a primary care provider:

We can explore available options with you, including connecting you with our nurse practitioner for further guidance (additional fees apply).



### If there are no immediate concerns:

Your results are yours to share. Use your secure digital dashboard to send them to family members, caregivers or healthcare providers.



# Is this service right for you?

Total Body MRI might be right for your needs if you are looking for an overall health check every year. As with any health service, it's important to understand both the benefits and limitations to make the best decision for your goals. Here are some things you may want to know:

## Assessment, not diagnosis

This service is not designed to screen active health concerns, such as knee or back pain. It's designed as an overall check for people trying to stay healthy or help identify risks early. Your findings may require additional testing or specialist evaluation.

## Incidental findings are common

We may find things that don't require treatment. Some findings need follow-up to clarify their significance. Clinical discussion helps put findings in context.

## Not all conditions are detectable

Some cancers, infections, and diseases won't appear on MRI or standard labs. This assessment complements but does not replace regular healthcare and clinical evaluation.

## Results require clinical context

The same finding can mean different things for different people. Age, medical history & symptoms affect interpretation. A normal result doesn't mean you're completely healthy and an abnormal finding doesn't automatically mean disease. Clinical judgment is essential.



# Ready to get a deeper understanding of your health?

Whether you're motivated by family history, seeking peak performance or simply staying ahead of health issues, get started with Total Body MRI.

For more information, contact us at

1-844-205-7438

