

# Proactive Vi5

A comprehensive health and wellbeing assessment that lasts approximately 2 hours. The assessment includes access to the full range of the latest technology, as well as up to an hour with an experienced doctor.

We motivate a proactive approach to health and wellbeing by providing the support and the learning for people to start living healthier, balanced, and more productive lives.

## The assessment includes:

Full medical history and lifestyle questionnaire
Height and weight measurement
Body mass index
Body fat percentage
Hip to waist ratio
Nuffield body composition index
Hydration levels
Urine analysis
Blood biochemistry and haematology profile
Vision tests
Anti-oxidant level measurement
Computerised spinal assessment
Lung function test
Physiological measurement of resilience to stressors
Blood pressure measurement
Resting ECG
Assessment of fitness level
Cardiovascular risk score