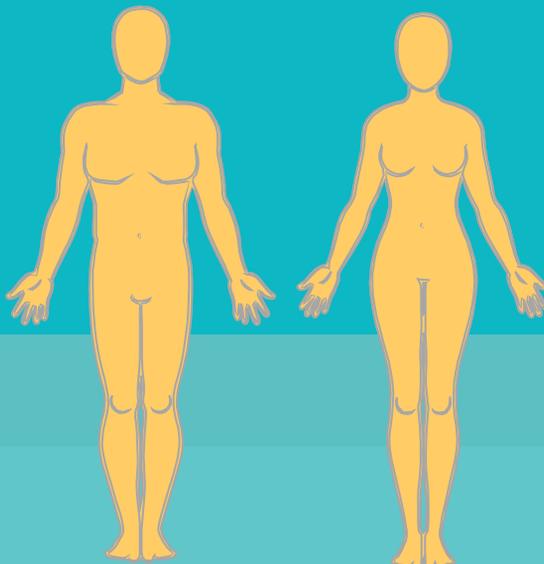




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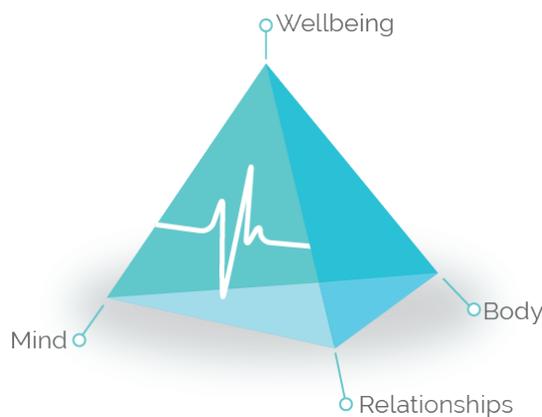
# Annual Gold Health Plan 2019



# The Integrated Health Pyramid Model

The **Spiritual** pinnacle offers strength, meaning and purpose arising from core beliefs and values resonating with the other areas of health when in dynamic equilibrium. Low spiritual **wellbeing** can lead to low immunity, loss of hope, depression and disease.

The **mind** is intimately linked into all areas of health and can promote healing and resilience through positive neurochemical release when **mental** health is maintained in balance.



The **physical** area may show symptoms of underlying stress in the **body** or lifestyle imbalance, which if unchecked can lead to disease. Physical health is built on the strong foundation of evidence based healthy lifestyle habits.

The **Social** area is key in balancing demands of **relationships** at work and home. A source of wellbeing, enabling good health habits and positivity when maintained but can cause tension if neglected in daily and long term goal setting.

**The Integrated Health Pyramid** helps patients and clinicians look at the whole picture and search for common imbalances to tweak in these four health areas which maintain equilibrium. If one area becomes burdened, the other areas are affected and therefore distorted, as each is dynamically linked to the other three.

Solutions can be sought by rebalancing these areas in a holistic fashion, thus the pyramid acts as an aide memoir for planning the best health outcomes.

# Why Optimise?

An optimise annual plan builds in the habits of a lifetime in cancer prevention, early disease recognition and work life integration to help you maintain your best self.

3

Our service is based around personalised healthcare using the latest technology and excellent clinical skills within a close therapeutic relationship. This enables us to expertly guide patients on their journey to sustainable health.

We believe that prevention is better than cure and use screening to identify sub-clinical conditions which may be developing. This ensures your integrated health is underpinned by good habits in nutrition, activity, awareness and appropriate health seeking behaviour.

3

Our concierge style service reduces barriers to access healthcare and investigations, making your health journey as smooth and convenient as possible. We walk with you at each step.

We work as a multi disciplinary team with hand picked clinicians and other associated professionals to integrate your action plan into your daily life with ease and efficiency\*

\*We may refer to preferred external providers where necessary.



# What's in your annual plan?

4

The Gold health assessment gives you a full overview of your current health and wellbeing, identifying any common health issues. Using the latest health testing technology, your doctor will guide you through a comprehensive range of tests, with plenty of time to discuss and explain your results. Our personalised annual health plan will include key interventions for you to action throughout the year with our support.

Your assessment will last 1 hour and is a detailed, tailored review of all of your current health issues. If you have any particular concerns about your health, fitness or lifestyle you can discuss these with your doctor at the time. All examination findings will be fed back during the assessment, and blood test results are usually available between 24 - 48 hours.

4

We aim to offer continuity of care and you will have a dedicated doctor\*\* to address all areas of concern and guide you through the year. After your assessment, you will receive your personalised report and annual action plan within 10 working days. Where serious issues are found, we'll call you in person before your report is sent and offer referral to the relevant specialists.

All follow up appointments may be carried out in person with your dedicated doctor\*\*, or via video/ telephone consultation to suit your needs\*\*\*.

## What's Included

- ▶ Annual health assessment with your dedicated doctor\*\*
- ▶ Detailed and bespoke medical report highlighting areas of need and next steps
- ▶ 3 Action appointments to follow up next steps
- ▶ 3 Access appointments for other acute needs or additional follow up

All follow up is provided by your dedicated doctor\*\* to ensure continuity and an exceptional level of care.

\*\*Subject to availability. Alternative support may be provided if deemed appropriate.

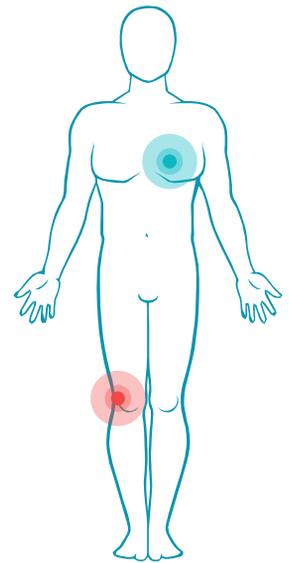
\*\*\* At doctors discretion. Certain appointments will require in person attendance.

# What we do

- ▶ Full medical and family history
- ▶ Integrated Social, Spiritual and Mental health review
- ▶ Detailed Work/ Life Integration review
- ▶ Extensive Diet/ Lifestyle/ activity assessment

## General examination including:

- ▶ Height and weight measurements
- ▶ Body Mass Index
- ▶ Body fat percentage
- ▶ Muscle Mass percentage
- ▶ Visceral Fat measurement
- ▶ Waist circumference
- ▶ Body Composition Index
- ▶ Clinical assessment of hydration levels
- ▶ Urine analysis
- ▶ Blood Tests for Liver, Kidney, Thyroid, Iron, Diabetes, bone health, cholesterol metabolism
- ▶ Nutritional Assessment
- ▶ Dynamic Bio-mechanical postural assessment
- ▶ Lung function test
- ▶ Blood pressure
- ▶ ECG + BP during activity (if clinically indicated)\*\*\*\*
- ▶ Resting ECG
- ▶ Cardiovascular risk analysis and stratification
- ▶ Chest x-ray (if clinically indicated)\*\*\*\*



## For male clients:

- ▶ Testicular examination & guidance on self examination
- ▶ High sensitivity Prostate cancer blood test (40+ years)

## For female clients:

- ▶ Breast examination & guidance on self examination
- ▶ Pelvic examination, cervical smear and high vaginal swab (if clinically indicated)\*\*\*\*
- ▶ Mammography\*\*\*\*\* (where clinically indicated for those aged 40 and over)

\*\*\*\*Optimise Health reserves the right to use clinical judgment to determine whether further tests are necessary such as Chest X-Ray/ Mammogram/ Exercise ECG.

\*\*\*\*\*If you are booking a mammogram, this will take a further ½ hour. Please note that in most cases mammograms are booked as a separate appointment and may be held at a different location to your health assessment.



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## **Any questions?**

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