



*Beyond
Healthcare*



HEALTH ASSESSMENT



YOUR HEALTH ASSESSMENT

YOUR HEALTH IS OUR PRIORITY AT OSD HEALTHCARE. WE DO EVERYTHING WE CAN TO MAKE YOUR PRIVATE HEALTHCARE EXPERIENCE ACCESSIBLE, AFFORDABLE AND STRESS FREE.

Understand your personal risk for conditions such as heart disease, stroke, diabetes, and cancer with our health assessments. Like an MOT for your health, our assessments are carried out to the highest standard.

reinforce behaviours that support good health. You'll receive a personalised and comprehensive medical report with advice, recommendations and if necessary, a referral to one of our GPs or consultants.

We offer two different types of health assessment that focus on prevention to help identify potential issues and

IF YOUR HEALTH IS IMPORTANT TO YOU, READ ON TO FIND OUT MORE.

YOUR HEALTH ASSESSMENT JOURNEY



Health assessment



Face to face consultation with a Nurse/Doctor



Personalised report and lifestyle guidance



Onward referral to a specialist consultant if needed

CHOOSING YOUR HEALTH ASSESSMENT

THE TYPE OF ASSESSMENT YOU CHOOSE DEPENDS ON YOUR HEALTH CONCERNS OR ANY GOALS YOU MAY HAVE.

We've outlined the various tests and examinations included in each health assessment to the right, allowing you to compare and decide which one is best for you.



VITAL
£449*

1 HOUR WITH NURSE
30 MINUTES WITH DOCTOR



ABSOLUTE
£649*

1 HOUR WITH NURSE
1 HOUR WITH DOCTOR

*Prices quoted may be subject to change.

ABOUT YOU

| | |
|--|-----|
| Personal medical history and lifestyle questionnaire | ☆ ✨ |
| Physical examination with a Doctor | ☆ ✨ |
| Consultation time with a Doctor | ☆ ✨ |

MEASUREMENTS

| | |
|-----------------------------------|-----|
| Height and weight | ☆ ✨ |
| Waist circumference | ☆ ✨ |
| Body mass index (BMI) calculation | ☆ ✨ |
| Body fat percentage | ☆ ✨ |

LABORATORY TESTS

| | |
|--|-----|
| Urine analysis | ☆ ✨ |
| Cholesterol test | ☆ ✨ |
| Full blood count | ☆ ✨ |
| Liver function test | ☆ ✨ |
| Kidney function test | ☆ ✨ |
| Diabetes test (HbA1c and glucose) | ☆ ✨ |
| Bowel cancer test (45+) | ☆ ✨ |
| Thyroid function test | ☆ ✨ |
| Vitamin B12, vitamin D & folic acid levels | ☆ ✨ |

HEART

| | |
|---------------------------|-----|
| Blood pressure | ☆ ✨ |
| Resting ECG | ☆ ✨ |
| Cardiovascular risk score | ☆ ✨ |

WOMEN'S HEALTH

| | |
|--------------------------------|-----|
| Cervix evaluation (smear test) | ☆ ✨ |
| Pelvic examination | ☆ ✨ |
| Breast cancer examination | ☆ ✨ |

MEN'S HEALTH

| | |
|---|-----|
| Testicular examination and guidance on self examination | ☆ ✨ |
| Prostate cancer blood test (50+) | ☆ ✨ |

LIFESTYLE COACHING

| | |
|---|-----|
| Consultation with a Doctor | ☆ ✨ |
| Emotional wellbeing assessment (PHQ-9 and GAD-7 questionnaires) | ☆ ✨ |
| Full personalised report including lifestyle guidance | ☆ ✨ |

YOUR PERSONALISED REPORT

Following your assessment, you'll receive a detailed and comprehensive report on your health and wellbeing. This will include the points discussed with you during your health assessment, along with results from various tests and investigations.

If you have concerns following your report, please don't hesitate to contact our team on

01442 331 031 and we'll do our very best to ensure you feel supported every step of the way. We're here when you need us.

If you're covered by private medical insurance, please contact your insurer regarding funding. Alternatively, self-pay options are available.

Begin your journey to better health today by calling 01442 331 031.

WHO WE ARE

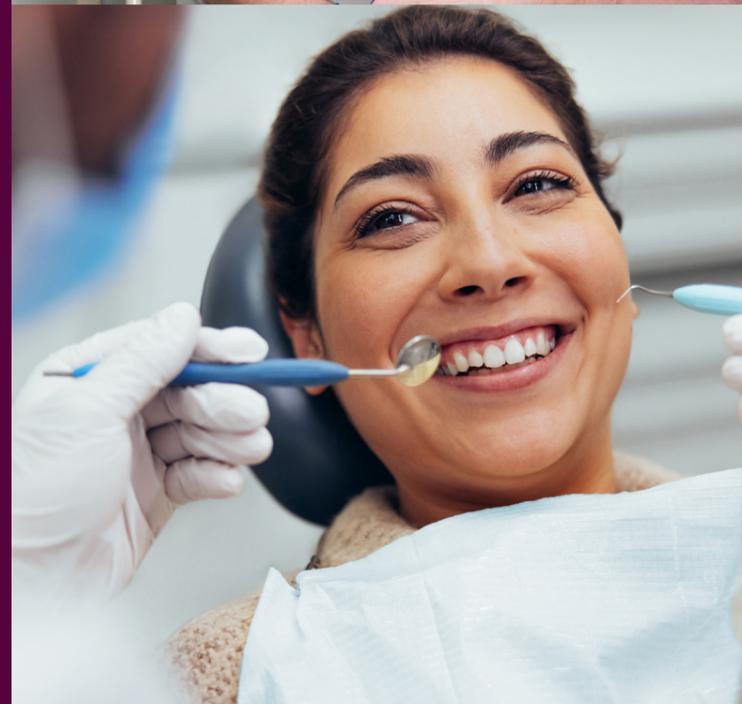
IT'S OUR MISSION TO MAKE PRIVATE HEALTHCARE AFFORDABLE AND ACCESSIBLE, BY PROVIDING AN EXTENSIVE RANGE OF SPECIALIST SERVICES AND OUTSTANDING PATIENT CARE 7 DAYS A WEEK, 365 DAYS A YEAR.

We work as a team, collaborating closely with leading consultants, dedicated clinical teams, nurses and support staff to provide excellent clinical care with compassion.

Our commitment to attract the best healthcare professionals along with our continued investment in medical technology, keeps us focused on delivering the best possible patient care. Our newly opened day-case theatres have allowed us to extend our service offering even further.

We offer our consultations, testing, imaging and surgery all under one roof. This unique benefit results in smoother patient pathways and greater continuity of care, creating a more positive healthcare experience for all of our patients.

No case is too small. Your health is as important to us as it is to you and we look forward to welcoming you to OSD Healthcare.



SERVICES WE OFFER INCLUDE, BUT ARE NOT LIMITED TO:



GP Services



Health Assessments



Physiotherapy & Rehabilitation



Rapid Access Clinics
– Breast
– Women's Health
– Prostate



Dentistry
– General & Specialist



Consultant Appointments
– 25 specialties



Tests & Scans
– MRI
– CT
– X-ray
– Ultrasound



Day Case Surgery
– Key specialities

FIRST-CLASS FACILITY



12 consultation and treatment rooms



2 day-case theatres on site, equipped with the latest medical technology



9 spacious patient rooms with ensuites fitted to the highest standard



A specialist diagnostic imaging department



4 state-of-the-art dental suites



A purpose-built gym for physiotherapy and rehabilitation



LOCATION DETAILS

YOUR LOCAL PRIVATE HOSPITAL

OSD HEALTHCARE, ONE MEDICAL HOUSE, BOUNDARY WAY, HEMEL HEMPSTEAD HP2 7YU

BY ROAD

We offer free parking on site.

FROM M1

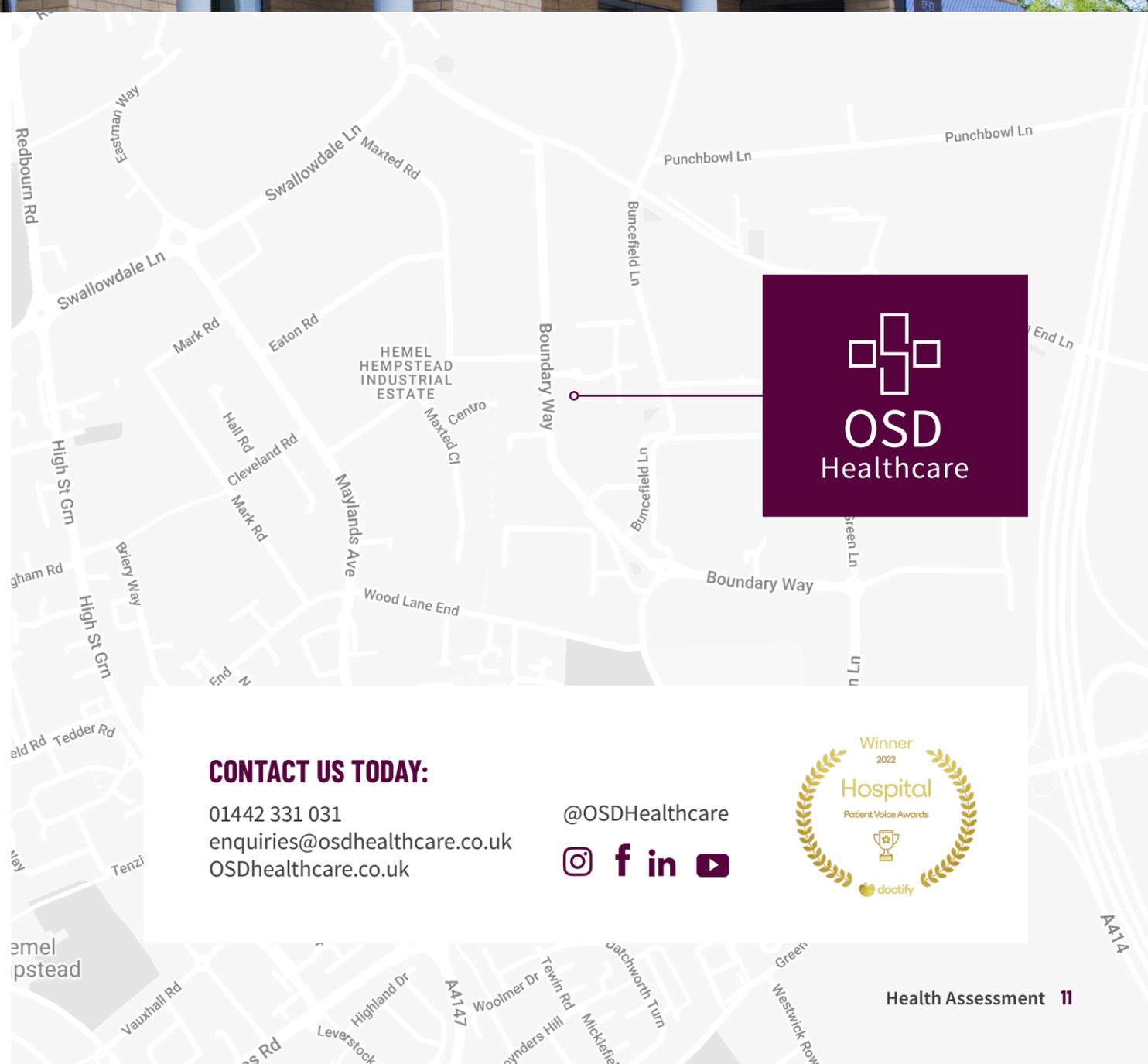
Leaving the M1 at Junction 8, take the third exit at the roundabout onto Green Lane. At the next roundabout, take the first exit and then take the second exit at the following roundabout, taking the third turning on the right. OSD Healthcare will be immediately on the righthand side.

FROM M25

Leave the M25 at Junction 21 and travel northbound on to the M1 to Exit 8. At the roundabout, take the third exit onto Green Lane. At the next roundabout take the first exit and then take the second exit at the following roundabout, taking the third turning on the right. OSD Healthcare will be immediately on the right-hand side.

BY TRAIN

The closest train station to OSD Healthcare is Hemel Hempstead. There are usually taxis available outside the station or you can pre-book Choice Taxis on 01442 246 000.



CONTACT US TODAY:

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@OSDHealthcare





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