



# Private Health Screening

Your health is our  
*principal* **concern**

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Duality  
Health

**D**uality Health has evolved from a local Private GP service, to one providing a range of services commonly found in major cities of the UK.

Our bespoke Health Screening solutions allow you to take stock of your current health status, quantify your risks and take action to improve your wellness outcomes.

Dependent upon your budget, we can test from 20 up to 150 pathophysiological parameters across a range of key areas, providing a detailed picture of your health.

## Duality Health offers **QUALITY** Medical Services

**E**very patient is provided with a user friendly, high quality printed report as well as an electronic version for their own records.

Our packages include:

- Full workup and data gathering appointment
- Glossy report (&PDF) with:
  - Personalised healthcare plan
  - GP foreward - clinical explanation
- A GP follow-up appointment is included in the price of our 'Complete' and 'Executive' packages

**M**ost medicine is delivered in a reactive way - we notice a deterioration in our health: we observe, we wait, eventually we may contact a healthcare professional. By then we have often developed disease - we have symptoms, need investigation & sometimes require referral. This is reactive medicine - the diseases are well established before we become aware of a problem.

Preventative medicine is taking the time to determine our health status when symptom-free. This identification of risk-factors for illness is the first step in minimising the risk of progression to disease - this knowledge can then inform our behaviour and improve health outcomes.

## Duality Health can help **IMPROVE** your **WELLNESS**

**H**ealth Screening helps identify diseases much earlier, this in turn minimises or prevents damage developing before the onset of symptoms. Many chronic diseases of the body are impacting upon our health years before symptoms lead to their diagnosis.

Many diseases are reversible, such as Type II Diabetes - this is much easier to accomplish before a disease becomes well-established.

Our Health 'MOTs' are detailed on the coming pages.

Clinician follow-up is what sets Duality Health Screening apart from the competition. Our GP can undertake further examination based on the findings, arrange further investigations as indicated by the interpretation of your results and refer for a consultant opinion as necessary. Included as part of our Executive & Complete Packages.

Finally, upon request, we can chart your health over time and monitor your progress at our Monaghan Street Clinic, with periodic GP appointments, targeted investigations & the option of repeating your Health Assessment or one of our other packages at an interval of your choosing.

### Executive - Our Premium Assessment

A comprehensive understanding of your body and its current function: individualised to men & women with sex-specific parameters\*.

150 results across a range of essential health areas are compiled into a high-quality, colour-printed health report. Your results are presented in an easy to understand format with a detailed explanation of all findings. Our most comprehensive medical to date.

Your package includes a 30 minute appointment with our GP to discuss the report, its findings & any concerns you may have.

#### Included Health Parameters

• Personal health measurements	9	• Digestive Health	2
• Full Blood Count	13	• Nutritional Health	8
• Iron Studies	5	• Muscle & Joint Health	3
• Heart Health	15	• Bone Health	5
• Diabetes Health	4	• Allergy Evaluation	1
• Metabolic Syndrome	16	• Infection & Inflammation	13
• Kidney Health	12	• Thyroid Health	5
• Urinalysis	9	• Female Hormonal Health*	8
• Liver Health	7	• Male Hormonal Health*	3
• Pancreatic Health	2	• Prostate Health*	1

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Duality Health

£900 Executive  
@Duality Health

## Complete - Our Robust Assessment

**A** thorough understanding of your body's physiological function is compiled into a detailed report and reviewed by our GP.

100 results across a range of essential health areas are compiled into a high quality, colour-printed health report which presents your results in an easy to understand format.

Including: full cardiovascular profile (risk of heart disease/stroke/peripheral vascular disease); diabetic & metabolic assessment; blood analysis, kidney, liver, thyroid and bone health, salt/metal and vitamin D profile with a PSA in men.

Your package includes a 15 minute appointment with our GP to discuss the report, its findings & any concerns you may have.

### Included Health Parameters

• Personal health measurements	9
• Full Blood Count	13
• Iron Studies	5
• Heart Health	15
• Diabetes Health	4
• Metabolic Syndrome	16
• Kidney Health	12
• Urinalysis	9
• Liver Health	7
• Nutritional Health	4**
• Bone Health	4**
• Infection & Inflammation	2**
• Thyroid Health	5
• Prostate Health*	1

## Essential - Our Focused Assessment

**A** focus on cardiac and metabolic disease, this report focuses upon your risk of progression to Heart Disease, developing Diabetes and on indicators for the presence of Metabolic Syndrome.

Your results are compiled into a quality, colour-printed medical report, as are all our packages. You are additionally provided with a written introduction to your report by one of our GPs, explaining its findings & implications for your health.

Face to face follow-up is at your discretion.

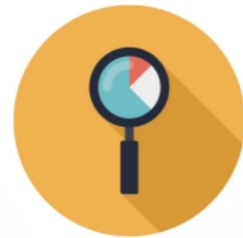
### Included Health Parameters

• Personal health measurements	9
• Heart Health	8**
• Diabetes Health	2**
• Metabolic Syndrome	9**

\*\* Indicates part of panel included fully in Executive Assessment



Contact us  
By e-mail



30 Minute  
Data Gathering  
Appointment



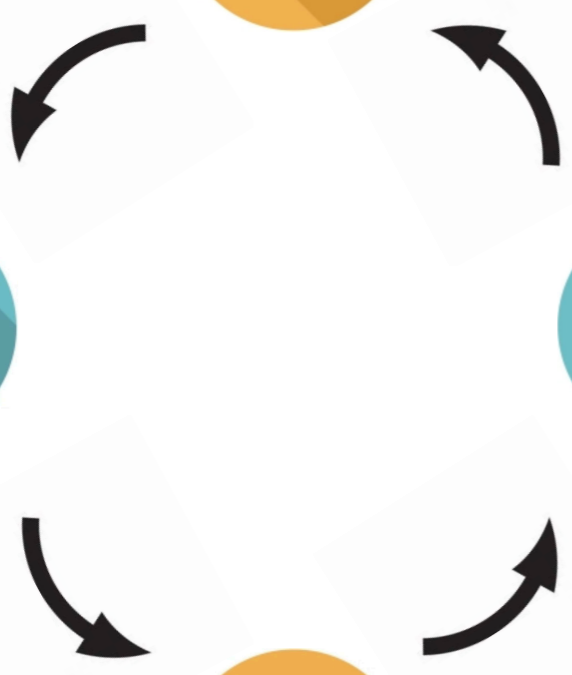
Targeted  
Follow-up  
&  
Reassessment



GP Analysis +/-  
Appointment



Report  
Generated  
Print & PDF  
Format



### Report Comparisons

Included Health Parameters	Executive	Complete	Essential
• Personal health measurements	9	9	9
• Full Blood Count	13	13	Not Included
• Iron Studies	5	5	Not Included
• Heart Health	15	15	8**
• Diabetes Health	4	4	2**
• Metabolic Syndrome	16	16	9**
• Kidney Health	12	12	Not Included
• Urinalysis	9	9	Not Included
• Liver Health	7	7	Not Included
• Pancreatic Health	2	Not Included	Not Included
• Digestive Health	2	Not Included	Not Included
• Nutritional Health	8	4**	Not Included
• Muscle & Joint Health	3	Not Included	Not Included
• Bone Health	5	4**	Not Included
• Allergy Evaluation	1	Not Included	Not Included
• Infection & Inflammation	13	2**	Not included
• Thyroid Health	5	5	Not Included
• Female Hormonal Health*	8	Not Included	Not Included
• Male Hormonal Health*	3	Not Included	Not Included
• Prostate Health*	1	1	Not Included

\*\* Indicates part of panel included fully in Executive Assessment