



Health  
Assessments

# Your Health Assessment

**Here at OSD Healthcare, your health is our priority.**

Everything we do is to make private healthcare an easily accessible, affordable and stress-free experience for our patients.

Our range of health assessments offer you a thorough health check-up, to help you understand your personal risk for conditions such as cancer, heart disease, stroke, and diabetes – think of it as a healthcare MOT.

All of our health assessments are carried out to the highest standard by our friendly and professional team.

We offer two different types of health assessment. Each health assessment focuses on preventative health; informing you of potential issues and reinforcing good behaviours to support your health. You will receive a comprehensive, personalised medical report with advice and recommendations and if necessary, a referral to one of our expert GP's or specialist Consultants.

**There aren't many things in life as important as your health, so read on to find out more.**



## Your health assessment journey



01442 331 031

| OSDhealthcare.co.uk

# Choosing your health assessment

The type of health assessment you choose is dependant upon the concerns or goals you may have.

Below we have outlined the various tests and examinations included in each health assessment, allowing you to compare and decide which is best suited to you.

## Vital £449

1 hour with nurse,  
30 minutes with  
Doctor

## Absolute £649

1 hour with nurse,  
1 hour with  
Doctor

### 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 well-being assessment (PHQ-9 and GAD-7 questionnaires)	● ●
Full personalised report including lifestyle guidance	● ●

## Your personalised report

Following your health assessment, you will 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.

We are here for you when you need us. If you have concerns following your report, please do not hesitate to contact our team on **01442 331 031** and we will do our very best to ensure you're reassured every step of the way.

If you are 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.



01442 331 031

[OSDhealthcare.co.uk](http://OSDhealthcare.co.uk)



## OSD Healthcare – who we are

At OSD Healthcare, we offer patients access to an extensive range of specialist services.

Making private healthcare affordable and accessible, we provide outstanding patient care - 7 days a week, 365 days a year.

We work closely with leading consultants, dedicated clinical teams, nurses and support staff to provide outstanding care with a team approach.

Our commitment to combining the skills of our healthcare professionals, with continued investment in medical technology, helps to ensure we remain focused on delivering the best possible care to our patients.

We have recently extended our service offering with the opening of our new day case theatres on site.

Patient pathways and continuity of care are of the utmost importance to us and we believe that the ability to offer consultations, testing, imaging and surgery under one roof will positively impact our patients experience with us.

Our aim is to provide the very best in healthcare in the fastest possible time. No case is too small, and every case is as important to us as it is to you.

We look forward to welcoming you to OSD Healthcare.

**Services we offer include, but are not limited to:**



Private GP



Diagnostic Imaging



Health Assessments



Physiotherapy & Rehabilitation



Dentistry



Specialist Consultant services including:

- Breast
- Cardiology
- Dermatology
- ENT
- Gastroenterology
- Gynaecology
- Orthopaedics
- Rheumatology
- Urology



Day Case Surgery

**First-class facility**



12 consultation and treatment rooms



9 spacious en-suite patient rooms  
fitted to the highest standard to  
ensure optimal comfort



4 state-of-the-art dental suites



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



A specialist diagnostic imaging  
department



A purpose-built gym for physiotherapy  
and rehabilitation



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# 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 right-hand 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:

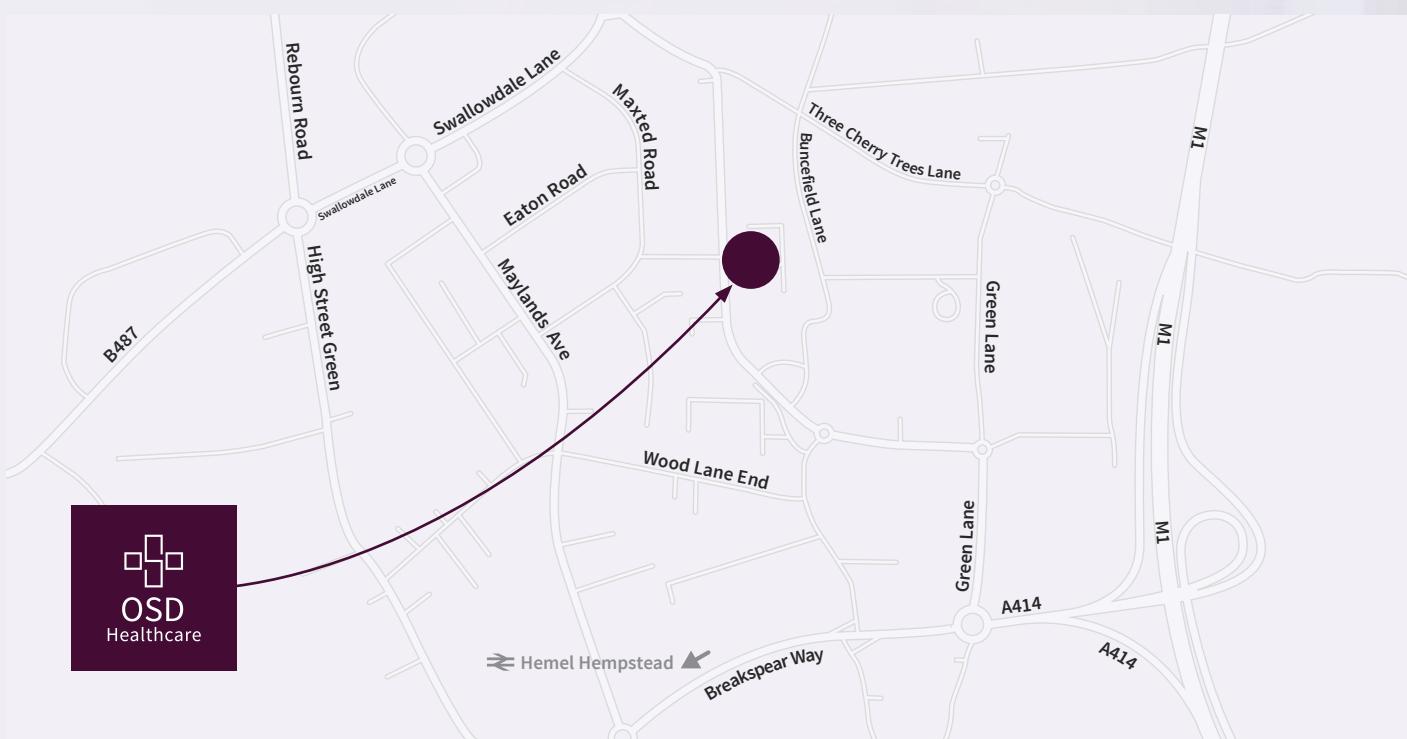
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[enquiries@osdhealthcare.co.uk](mailto:enquiries@osdhealthcare.co.uk)

[OSDHealthcare.co.uk](http://OSDHealthcare.co.uk)



@OSDHealthcare



A photograph showing the exterior of a modern brick building. A large, light blue sign with a white border is mounted on the side of the building. On the left of the sign is a purple stylized cross icon made of four squares. To the right of the icon, the words "OSD" and "Healthcare" are written in a large, bold, purple sans-serif font. Below the sign, there are several large windows with dark frames and shutters. In the foreground, there is a field of tall, yellow and white flowers, likely daffodils, which are slightly out of focus.

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Healthcare



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Company Name Registered in England: One Stop Doctors Limited  
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