



# Preventative Care Annual Assessment

## General Health Check

### Comprehensive Medical History:

- Review of major body systems
  - Eye, ear, heart, lung, digestive, musculoskeletal, urinary

### Women's Health:

- Gynaecology evaluation\*
- Cervical screening (pap smear)
- Human papillomavirus test (HPV)\*
- General consultations for reproductive health issues (i.e., fibroids, menopause, urinary incontinence, pre-menstrual)

### Men's Health:

- Prostate-specific antigen test
- General reproductive health such as erectile dysfunction, loss of libido, etc.

### Older Adult Care (60+):

- Bone mineral density detection\*



## Nutritional Counselling

### Dietary Support:

- Our doctors will carefully review the results of each examination to facilitate a dietary wellness plan situated on preventing disease, increasing energy, treating existing conditions



## Genetic Testing

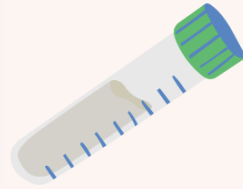
### Test high-risk genes associated with disease & cancer

- **Genetic** predisposition to complex diseases (diabetes, asthma, cancer, autism, rheumatoid...)
- Carrier of a monogenic diseases (i.e., cystic fibrosis)
- Wellness and sports performance (histamine intolerance, muscle build, glucose tolerance with exercise, etc.).



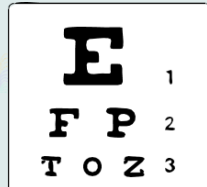
## Laboratory Tests

- Blood lipid panel
- Fasting blood sugar
- Kidney, liver, thyroid function
- Urine and fecal testing\*
- Immune function test



## Visual and Lung Function Tests

- Vision screening
- Spirometry for lungs



## Medical Imaging

Siemens B-mode ultrasound diagnostic technology can examine various organs with high precision:

- pancreas, gallbladder, kidney, liver, spleen, major blood vessels, organs, abdominal cavity, abnormalities, and other parts of the body for early cancer screening

Mammography, X-Ray, CT and MRI can be added\*



## Cardiovascular Health

- Basic body composition
- Functional movement assessment
- Resting and exercise electrocardiogram (ECG)
- Aerobic fitness test



## Other Health Services

Pain management and rehabilitation services:

- Allied health services can be integrated into your health plan including but not limited to physiotherapy, Kinesiology, Personal Training, TCM, Acupuncture, Massage Therapist.



The above member services are tailored dependent on age, gender and personal risk factors

Services with \* are optional tests that can be applied if medically indicated

