

Assessment Type		Bronze Medal Package	Silver Medal Package	Gold Medal Package	30 Minute Health Check
Setting the Scene	Medical History & Lifestyle Questionnaire	✓	✓	✓	
	Full Medical Physical			✓	
	Consultation with Life Coach			✓	
	Consultation with S&C Coach		✓	✓	✓
	Consultation with Doctor			✓	
Baseline Measurements	Height & Body Mass	✓	✓	✓	✓
	Circumference Measurement	✓	✓	✓	✓
	Body Mass Index (BMI) Calculation	✓	✓	✓	✓
	Body Fat Percentage			✓	
Additional Tests	Postural Assessment	✓	✓	✓	✓
	Nutritional Review		✓	✓	
	Ultrasound Screening (as indicated)				
Cardiovascular Health	Blood Pressure	✓	✓	✓	✓
	Resting ECG				
	Lung Function Test	✓	✓		✓
	Dynamic Cardiovascular Test (as indicated)				
	Chest X-Ray (as indicated)				
	Fitness Score Calculation (full range of test options dependent on population)		✓	✓	
Medical Tests	Hydration/Urine Analysis				
	Cholesterol Test	✓	✓	✓	✓
	Full Blood Count			✓	
	Full Biochemistry Profile Inc. Liver & Kidney Function			✓	
	Blood Glucose Test for Diabetes	✓	✓	✓	
	Thyroid Function Analysis (female over 50yrs)				
	Bowel Cancer Test (45yrs+)				
Female Specific Tests	Cervical Smear			✓	
	Breast Examination			✓	
	Pelvic Examination			✓	
	High Vaginal Swab (if indicated)				
	Mammography (if indicated)				
	Ovarian Cancer Screen (50yrs+)				
Male Specific Tests	Testicular Examination & Self Examination Guidance			✓	
	Prostate Cancer Blood Test (50yrs+)				
Ongoing Coaching	Strength & Conditioning Coaching		6 Sessions	Weekly	
	Physiotherapy		As indicated	As indicated	
	Life Coach			Monthly	
	Performance Psychologist			As indicated	