

I'm not a bot





























Private health checks offer a great way of keeping on top of your health and making important lifestyle choices for your future. But, with so many different tests and aspects to choose between, finding the right type of assessment for your specific situation can be easier said than done. After all, there may be certain elements of your health you would like looked at that aren't offered from clinic to clinic. With this in mind, we have compiled this stroke type to highlight the most important factors to consider when choosing your next comprehensive health assessment. What is a private health check? First things first, let's look at what a private health check — or private health assessment — is. As we get older, we all increase our risk of developing major health conditions like heart disease, stroke, type 2 diabetes and dementia. This is perfectly natural but makes it all the more important to catch any signs or symptoms of these conditions as early on as possible. A private health check aims to do exactly that — examine your overall health and identify whether you are at risk of developing any major health conditions. This is done using a range of assessments, including MRIs, CT scans and blood tests. However, the exact tests used will vary depending on the specific type of private health check you decide to book. What do private health checks involve? Private health assessments come in all shapes and sizes, ranging from the more standard GP physicals to the more comprehensive exercise and breathing tests. Therefore, finding the right type for you will depend on what exactly it is you're looking to achieve. Standard tests, for instance, won't analyse your body's inner workings as comprehensively as other assessments but can indicate some mild health problems. They can't, however, detect whether you have any potential cancer or diseases present in your organs or surrounding tissues — a more comprehensive test will be needed for this. Here at Echelon Health, we offer a wide variety of comprehensive tests and health assessment packages that can detect diseases or cancer. Each of these uses state-of-the-art medical technology and features a variety of scans, including: MRIs CT scans Blood tests Ultrasounds ECGs Digital mammograms Full-body motion screening Although these assessments can sound intimidating, don't worry — our team is full of industry professionals who can put you at ease and help you feel comfortable throughout your assessments. If you have any concerns in advance of your assessment, simply get in touch with us and we'll be happy to help. What are the benefits of a private health screening? The importance of keeping on top of your overall health can't be stressed enough. Here are some of the key benefits you can expect from getting a private health check done on a regular basis. Earlier identification of health conditions One of the more obvious benefits of a private health check is that it can help identify health risks earlier rather than later. Many of us fail to show any symptoms of health conditions until much later on in life, and we can develop them without even noticing, so it can be easy to underplay their significance. Health screenings offer a highly effective method of identifying potential issues earlier on, allowing you to intervene and get them under control sooner. Stimulate better lifestyle choices Private health checks also offer a great way of stimulating important changes in your day-to-day life. During your screening, you will be able to witness first-hand how certain lifestyle choices, such as your diet, alcohol intake or smoking habits, can potentially contribute to ill health. From your results, you will then be able to work with a practitioner to make any appropriate changes to improve your health and keep any serious health conditions under control. Specific health condition screening If you choose Echelon Health as your private health clinic, our screenings can also be tailored to specifically focus on your circumstances. If, for instance, you have a known family history of a particular heart-related condition, we can ensure your health screening focuses on your heart health thanks by recommending our Healthy Heart package. Regardless of what your personal background or health circumstances might be, we can create a private health check that provides answers to any particular concerns you are having. How long does a private health check take? Depending on the type and number of assessments you choose, a typical health check can take anywhere from four to six hours to complete. Regardless of how long your assessment takes, your chosen clinic will always be as comfortable as possible. Private health checks are incredibly detailed, but here at Echelon Health, we ensure each assessment is never tedious and you will be kept regularly updated your progress and results throughout your time with us. How often should I get a private health check? There are a few factors that affect how regularly you should get a private health check. These largely include: Your age Any potential risk factors you have Your current health status If you are under the age of 40 and are in good health, for instance, private health checks are generally recommended as and when you feel you need them. After you turn 40, however, you should have one every four years or so, or as regularly as you feel you need. When to get your health checked can differ from person to person, so it's really up to you how regularly you want to be looked at. If you are particularly worried about your health, a more regular health screening schedule could provide you with the peace of mind and reassurance you need to know that your health is under control. How much does a private health check cost? The cost of your private health check will depend on the package and set of scans you choose to undergo. Here at Echelon Health, for instance, we offer a range of different health assessment packages, starting from as low as £2,500 and going up to £14,000. We also offer bespoke packages tailored towards your specific needs, with which the price would be determined by the type and number of assessments you choose. If you have a strict budget in mind, speak to one of our experienced team members to find the most suitable package. What to look for when choosing a private health clinic There are a few things to look for when choosing a private health clinic, and it is important to do your research in advance. Ultimately, you will need to pick a clinic that not only values its clients but is also one you can completely trust. With this in mind, here are some key questions to ask when researching the right clinic for your needs. What medical technology do they use? It's important for your clinic to use the latest medical technology to ensure you feel confident that you are getting an accurate result each time. What types of scans, assessments and packages options do they offer? Clinics that offer a wide range of packages will be able to tailor your assessment to meet your specific circumstances. Do you trust them with your health? Your health screening will need to be conducted at a clinic you can trust, so make sure to look out for the ones that have the best medical practitioners available. What are their reviews like? Always make sure to check the clinic's reviews and previous patient testimonials to get a genuine idea of what your screening experience is likely to be. Why choose Echelon Health for your private health check? Here at Echelon Health, we provide a wide array of comprehensive health assessments that can cover your whole body. Also known as a full-body MOT, each of our detailed screenings can help you keep on top of your health and get you back to feeling your best. We take great pride in being a trusted company that: Understands and values its clients Achieves optimum and accurate results using only the most recent and innovative medical technology Respects your individual circumstances and understands that there is no 'one size fits all' approach to health Offers a wide range of options for different scans or packages Works with highly experienced medical practitioners and leaders within their field Prioritises your body and health throughout your screening Offers an unparalleled client service to make you feel as comfortable as possible Uses a combination of modalities (CT, MRI and ultrasound) to screen your entire body Depending on what you would like your health assessment to include, we can tailor your package around you, ensuring you won't undergo any tests you feel are not necessary. If, however, you don't have any specific testing preferences, each of our Platinum, Gold, Core Cancer and Healthy Heart packages offers a fantastic, cost-effective way of maintaining your health. For more information on these packages, please contact our team or discover more about what your day with us at Echelon would be like. Sources: Trustindex verifies that the original source of the review is Google. Excellent all around from Reza Farahmandfar and his team. Trustindex verifies that the original source of the review is Google. Had a private ECG on a bank holiday , the booking was done the day before , Quick simple booking system , very competitively Priced , benefited from a first class consultation With an experienced cardiologist , who is both kind and helpful. Trustindex verifies that the original source of the review is Google. Fantasy , well organised , very pleased with my final detailed report of breast scan. Trustindex verifies that the original source of the review is Google. My experience could not have been better. The service given was very professional, helpful and respectful. Trustindex verifies that the original source of the review is Google. Bought an ultrasound scan for peace of mind and to confirm cause of bleeding. Service was excellent and the sonographer was amazing! Made me feel at ease and explained what he was doing and what he found. Appointment was for 10.40 I was finished by 11am and received report and several photos of scan by 1.30pm the same day. I could not have wished for a better service and wouldn't hesitate to return in future should the need arise. Trustindex verifies that the original source of the review is Google. If I could give more than 5 stars I would. An amazing service. My NHS GP urgently referred me for full breast cancer checks at the Royal Marsden but there was a week wait. I'm a single mother of 2 small children, my partner passed away last year. I was losing my mind and couldn't wait. I went online and found London Private Ultra sound and got a next day appointment. I was really distressed when I arrived and Reza Farahmandfar the ultra sound specialist was so kind and reassuring, he really was wonderful. My ultra sound came back clear. Thank god and thank you London Private Ultrasound. I'm incredibly grateful. Trustindex verifies that the original source of the review is Google. Was honestly the best! the doctor was so helpful, so reassuring and I was very comfortable! was so fast and done so well! first time i've ever done this and was such a good health experience. was so worth it! defo made me less worried about myself and my health. Trustindex verifies that the original source of the review is Google. Having been told there was a 10 week wait for a scan with the NHS I looked online and found London Private Ultrasound and they had a clinic near me in St-Albans. Telephoned and booked an appointment for later the same day. I was kept informed all the way through the scan which was very professional and considerate. By close of play that day I had an email with all the images and information ready to give me. I was really satisfied with the service and I would highly recommend. Trustindex verifies that the original source of the review is Google. I had a heart ultrasound scan and about 1 hour later I received the result by email and recommendation. During the examination Doctor Farweh Yalqian asked everything regarding my problems, paid attention to my words and explained everything. I highly appreciate her calm and professional manner. At London Private Ultrasound everyone was friendly and polite. Thank you for that! ) The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as:heart diseasediabeteskidney diseasediabetesduring the check-up you'll discuss how to reduce your risk of these conditions.If you're aged over 65, you'll also be told about symptoms of dementia to look out for.Who is the NHS Health Check for?The check is for people who are aged 40 to 74 who do not have any of the following pre-existing conditions:heart diseasediabetic kidney diseasediabeteshigh blood pressure (hypertension)atrial fibrillationtransient ischaemic attackinherited high cholesterol (familial hypercholesterolemia)heart failureperipheral arterial diseasestrokecurrently being prescribed statins to lower cholesterolprevious checks have found that you have a 20% or higher risk of getting cardiovascular disease over the next 10 yearsYou should have regular check-ups if you have one of these conditions. Your care team will be able to give you more information about this.How do I get an NHS Health Check?If you're aged 40 to 74 and do not have a pre-existing health condition, you should be invited to an NHS Health Check by your GP or local council every 5 years. If you think you are eligible but have not been invited, contact your GP surgery to find out if they offer NHS Health Checks or contact your local council to find out where you can get an NHS Health Check in your area.Some pharmacies also offer NHS Health Checks.What happens at an NHS Health Check?Your NHS Health Check will be done by a healthcare professional. This will usually be a nurse, but it could also be a doctor, pharmacist or healthcare assistant. The check takes about 20 to 30 minutes and usually includes:measuring your height and weightmeasuring your waist blood pressure testa cholesterol test, and possibly a blood sugar level test, which is usually a finger-prick blood test. You may be asked to have a blood test at or before the NHS Health Check.You'll also be asked some questions about your health including whether any of your close relatives have had any medical conditions, you smoke, and how much you drink alcohol, and how much you exercise. Your age, gender and ethnicity will also be recorded.Your NHS Health Check resultsYou'll usually be told your NHS Health Check results during the appointment.You'll be given your cardiovascular risk score of developing a heart or circulation problem, such as heart disease, stroke, type 2 diabetes or kidney disease, over the next 10 years. The healthcare professional may describe this risk score as low, moderate or high. Everybody's cardiovascular risk rises with age, so the next time you have an NHS Health Check your risk score may be higher, even if your test results are the same. There are some things about your risk which you cannot change, such as your age, ethnicity and family history. But the most important factors in your risk score (such as smoking, your cholesterol level and blood pressure) can be changed.Your NHS Health Check results should also be broken down into:At the end of your NHS Health Check, you'll have the chance to discuss your results and how to improve your scores, including where you can get support.This could include talking about how to improve your dietincrease the amount of exercise you dolose weightstop smokingreduce the amount of salt in your dietreduce your alcohol intakeyour cholesterolYou may also be referred to local services, such as stop smoking and physical activity services, to help you make any changes. Benefits of the NHS Health CheckThe NHS Health Check aims to lower your risk of getting conditions that affect the heart and blood vessels, such as heart disease, stroke and kidney disease.Many of the warning signs for these conditions, such as high blood pressure and high cholesterol, do not have symptoms.The NHS Health Check helps you find out if you are at risk of getting these conditions so you can take action to improve your health. This could include making lifestyle changes or taking medicines. The risk factors assessed during the health check are often shared by other conditions, including type 2 diabetes, preventable cancers and respiratory illness. An NHS Health Check could help you to reduce your chance of getting these conditions too.Dementia and heart disease also share common risk factors. Prevention of disease and promotion of well-being For other uses, see Health care (disambiguation). Global concentrations of health care resources, as depicted by the number of physicians per 10,000 individuals, by country. Data is sourced from a WHO indicator and is from 2017-2023 Graphic of hospital beds per 1,000 people globally in 2013, at top.[1] NewYork-Presbyterian Hospital in New York City, a hub for health care and life sciences.[2] is one of the world's busiest hospitals, below. Pictured is its Weill Cornell facility (white complex at the center). Health care, or healthcare, is the improvement or maintenance of health via the prevention, diagnosis, treatment, amelioration or cure of disease, illness, injury, and other physical and mental impairments in people. Health care is delivered by health professionals and allied health fields. Medicine, dentistry, pharmacy, midwifery, nursing, optometry, audiology, psychology, occupational therapy, physical therapy, athletic training, and other health professions all constitute health care. The term includes work done in providing primary care, secondary care, tertiary care, and public health. Access to health care may vary across countries, communities, and individuals, influenced by social and economic conditions and health policies. Providing health care services means "the timely use of personal health services to achieve the best possible health outcomes." [3] Factors to consider in terms of health care access include financial limitations (such as insurance coverage), geographical and logistical barriers (such as additional transportation costs and the ability to take paid time off work to use such services), socioeconomic expectations, and personal limitations (lack of ability to communicate with health care providers, poor health literacy, low income).[4] Limitations to health care services affect negatively the use of medical services, the efficacy of treatments, and overall outcome (well-being, mortality rates). Health systems are the organizations established to meet the health needs of targeted populations. According to the World Health Organization (WHO), a well-functioning health care system requires a financing mechanism, a well-trained and adequately paid workforce, reliable information on which to base decisions and policies, and well-maintained health facilities to deliver quality medicines and technologies. An efficient health care system can contribute to a significant part of a country's economy, development, and industrialization. Health care is an important determinant in promoting the general physical and mental health and well-being of people around the world.[5] An example of this was the worldwide eradication of smallpox in 1980, declared by the WHO, as the first disease in human history to be eliminated by deliberate health care interventions.[6] See also: Health professionals Primary care may be provided in community health centers. The delivery of modern health care depends on groups of trained professionals and paraprofessionals coming together as interdisciplinary teams.[7] This includes professionals in medicine, psychology, physiotherapy, nursing, dentistry, midwifery and allied health, along with many others such as public health practitioners, community health workers and assistive personnel. These professionals systematically provide personal and population-based preventive, curative and rehabilitative care services.[citation needed] While the definitions of the various types of health care vary based on the different cultural, political, organizational, and disciplinary perspectives, there is general consensus that primary care constitutes the first element of a continuous health care process and may also include the provision of secondary and tertiary levels of care.[8] Health care can be defined as either public or private.[citation needed] The emergency room is often a frontline venue for the delivery of primary medical care. Main article: Primary care See also: Primary health care, Ambulatory care, and Urgent care Hospital train "Therapist Matvei Mudrov" in Khabarovsk, Russia[9] Primary care refers to the work of health professionals who act as a first point of consultation for all patients within the health care system. The primary care model supports first-contact, accessible, continuous, comprehensive and coordinated person-focused care.[10] Such a professional would usually be a general practitioner or family physician. Another professional within the health care system may be referred to as secondary or tertiary care.[citation needed] Primary care is often used as the term for the health care services that play a role in the local community. It can be provided in different settings, such as Urgent care centers that provide same-day appointments or services on a walk-in basis.[citation needed] Primary care involves the widest scope of health care, including all ages of patients, patients of all socioeconomic and geographic origins, patients seeking to maintain optimal health, and patients with all types of acute and chronic physical, mental and social health issues, including multiple chronic diseases. Consequently, a primary care practitioner must possess a wide breadth of knowledge in many areas. Continuity is a key characteristic of primary care, as patients usually prefer to consult the same practitioner for routine check-ups and preventive care, health education, and every time they require an initial consultation about a new health problem. The International Classification of Primary Care (ICPC) is a standardized tool for understanding and analyzing information on interventions in primary care based on the reason for the patient's visit.[11] Common chronic illnesses usually treated in primary care may include, for example, hypertension, diabetes, asthma, COPD, depression and anxiety, back pain, arthritis or thyroid dysfunction. Primary care also includes many basic maternal and child health care services, such as family planning services and vaccinations. In the United States, the 2013 National Health Interview Survey found that skin disorders (42.7%), osteoarthritis and joint disorders (33.6%), back problems (23.9%), disorders of lipid metabolism (22.4%), and upper respiratory tract disease (22.1%, excluding asthma) were the most common reasons for accessing a physician.[12] In the United States, primary care physicians have begun to deliver primary care outside of the home. Care (insurance-billing) system through direct primary care, which is a subset of the more familiar traditional primary care model, is being used by independent practitioners, or a non-physician primary care provider such as a physician assistant or nurse practitioner. Depending on the locality and health system organization, the patient may see another health care professional first, such as a pharmacist or nurse. 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