

**Pro Health +** is a coronary health assessment that lasts 45 minutes. This health check identifies the main risk factors for heart disease, with practical advice to help you manage risks for the future.

The assessment includes access to the full range of the latest technology by a highly trained health and wellbeing consultant.

The Assessment Includes:

- Medical History & Lifestyle Questionnaire
- Height & Weight Measurement
- Body Mass Index
- Body Fat Percentage
- Waist Circumference
- Blood Glucose Analysis
- Blood Cholesterol Analysis
- Anti-Oxidant Level Measurement
- Blood Pressure Measurement
- Coronary Risk Score

All followed by:

- Discussion of results and findings
- Discussion of management of any health issues identified
- Detailed lifestyle coaching and personalised action plan
- Personalised report