



Reassurance for those aged 65 and over

Our Mature Health Assessment is here to help give you reassurance on the things that can concern you most when you're 65 and over. Its set of tests look at both your health and lifestyle to build a bigger picture, helping you feel better inside and out.

We'll also take your gender into account, giving you specific male or female support on the conditions that may be a concern like prostate and breast health.

Recommended for:

- men and women aged 65 and over.

Total assessment time:

2 hours

Health adviser

60 mins

Doctor consultation

60 mins

You'll benefit from:

- a test to detect abnormal heart rhythm
- set of pathology tests with the screening results available the same day at all our health and dental centres
- mature musculoskeletal assessment (muscles, bones and joints) – designed with the over 65s in mind
- lifestyle coaching and support after the assessment
- access your personalised health report, videos, online coaching programmes and health information at our online portal.