

Mature Health

When reaching 65, different health concerns can play on the mind. We can give you some reassurance on how you're doing by looking at your health and lifestyle.



Recommended for:

- Men and women aged 65 and over



Times

- Health adviser - 60 minutes
- Doctor time - 60 minutes



What's included?

- A test to detect abnormal heart rhythm
- Set of pathology tests and same-day results
- Mature muscle, bone and joint assessment - designed with those over 65 in mind
- Advice on concerns like prostate and breast health
- Two lifestyle coaching calls