

Executive Health Check

August 2025

Our **EXECUTIVE HEALTH CHECK** is our “top of the line” full medical check-up with a comprehensive fitness and lifestyle assessment, taking approximately 2 hours to complete. All results, including blood tests where available, are discussed on the day.

It includes:

- Complete and thorough physical examination and consultation with a medical practitioner
- Personal health history incorporating completed questionnaire
- Height & weight measurements and BMI calculations plus waist and hip measurements / ratio
- Electronic body fat measurements
- Blood pressure testing (before, during and after exercise)
- Resting & Exercise 12-lead electrocardiogram (ECG)
- Evaluation of fitness - Bruce protocol (graduated ramped exercise on motorised treadmill)
- PC based Spirometry lung function test
- Comprehensive blood biochemical analysis (fasting required), including:
 - full blood count (anaemia, leukaemia, etc), Total cholesterol, HDL (good) cholesterol, LDL (bad) cholesterol, triglycerides
 - glucose (diabetes), uric acid (gout marker), gamma GT (liver function tests), creatinine & urea (kidney function), calcium & phosphate levels
 - sodium, potassium, hs C-reactive Protein (inflammation/infection/tumour marker), complete iron studies (anaemias, haemochromatosis), homocysteine, protein & albumin levels, etc
- Urine analysis (9 aspects, e.g. presence of blood, glucose, white cells/infection)
- Faecal Occult blood test (stool test) - screening for bowel cancer for men over 45
- Analysis of the major heart disease risk factors contributing to heart disease incl. 5 year
- Heart Risk Assessment/Calculation
- Kidney Function Assessment to assist in the early diagnosis of renal impairment
- Prostate examination for men over 45
- PSA (prostate blood test) for men over 40
- Breast checks and Mammograms (free for those aged 50 – 69 years at Breast Screen NSW) arranged with 4 weeks prior notice
- PAP test if indicated (free service for procedure, extra cost for pathology/testing)
- Preliminary discussion of results on the day will be available.
- All test results are summarised in a comprehensive computer-generated report (emailed only) that includes the doctor's general advice and individual comments with recommended lifestyle changes/further investigations or treatment plan
- Ongoing access to doctors in the same practice for advice/further consultation/general practice needs such as travel vaccines, minor surgical procedures.

OPTIONAL EXTRAS available at additional cost:

- Chest X-ray
- Bone Density Scan (Advanced booking required)
- Additional blood tests e.g. Hepatitis, HIV, Thyroid etc
- Consultation with GP for Weight Management (Medicare rebate applies). General Practitioners are available 6 days a week.
- If indicated further investigations such as CT Heart scans / CT Angiography can be organised later at San Radiology.
- If needed specialist appointments can be arranged with a priority.

If you require a **MEDICAL, PRE-EMPLOYMENT or INSURANCE ASSESSMENT** we are happy to adapt our **HEALTH CHECK** to suit your requirements.

Requirements for Health Checks

FASTING

Blood tests are performed on arrival by pathology centers within the hospital. For accurate results clients are asked to fast overnight (at least 8 hours). Only water is allowed, and we encourage you to consume at least 500mls that morning (more if your appointment is at 10.30am or 1.30pm. Those with a 1.30pm appointment can have a light breakfast prior to 7.00am, and lots of water throughout the day. No caffeine drinks on the day, and please refrain from smoking for 2 hours prior to your appointment. We do serve light refreshments after your blood tests and also after exercising. Insulin-dependent diabetics are asked to book an 8.00am appointment and have their insulin after the blood test.

To complete the Exercise ECG / treadmill part of the Health Check, you must be able to walk unaided. Please bring along a change of clothes, e.g. shorts, t-shirt and sports shoes, in which to do the treadmill test.

Booking Your Appointment

Please phone **02 9480 9700** to book your appointment, or for further information.

Appointments are currently available on Wednesdays and Thursdays at 8.00am, 10.30am, 1.30pm.

There is a \$440.00 non-refundable deposit required when booking, payable by credit card or direct deposit within 7 days of making your appointment.

We ask you to provide us with an email address at the time of booking your appointment. We will send you a confirmation email which will have all the relevant information you require prior to your scheduled Health Check appointment. We will then send an SMS reminder 2 weeks and 1 week prior to your appointment.

The email will contain a comprehensive health and lifestyle questionnaire which is to be completed and emailed to us at least 2 weeks prior to your appointment. A map and further details on our cancellation fees policy will also be included.

Cost of Health Checks

The cost of our **Executive Health Check** includes all standard blood tests however there will be further out of pocket charges for additional pathology or other tests requested, as mentioned earlier. Some pathology tests may be eligible to receive a Medicare rebate.

At this time, no Medicare rebate is available for health screening / preventative health checks, however the cost can be counted towards the annual medical expenses tax threshold for personal clients and is often tax deductible for the company of corporate clients.

Please notify us on **02 9480 9700** as soon as possible if you are unable to attend your appointment.

Rescheduling Appointments

If you contact us to reschedule your appointment a minimum of 2 weeks (14 days) prior to your booking your non-refundable \$440.00 deposit will transfer to a rescheduled appointment. This transfer process is only available once.

If late cancellation is due to illness, a medical certificate will need to be provided for us to reschedule your appointment.

Our Location

San GP Centre (within Sydney Adventist Hospital)
Suite 202, San Clinic Tulloch, 185 Fox Valley Road
Wahroonga, NSW, Australia, 2076

Phone: +61 2 9480 9700
Fax: +61 2 9480 9733
Email: ehc@sah.org.au

See the [San GP Centre website](#) for location and parking information.