



# Executive Health Check Programme

## Welcome and Registration

- Upon arrival at Science Park North Tower, please proceed to Level 3 for registration.

## In-Clinic Assessments and Phlebotomy

- A dedicated nurse will escort you to the treatment room, where you will undergo initial in-clinic assessments. This will include various health checks and phlebotomy (blood draw) to collect samples for laboratory testing.

## Consultation with Dr Nazia Salam, Family Medicine Consultant

- You will have a comprehensive consultation with Dr Nazia Salam, our Family Medicine Consultant with a special interest in wellness and preventive medicine.
- Dr Nazia will review your medical history, discuss your current health concerns, and outline the next steps in your health assessment.

## Radiology and Imaging Services

- You will be guided to the sonographer for your scans and imaging studies, which are crucial for a thorough health evaluation based on your age and gender.

## Refreshments and Snack

- After your ultrasound, refreshments and a light snack will be provided. An opportunity to relax and refuel before completing the remaining assessments.

## BMI and Body Fat Analysis

- You will undergo a Body Mass Index (BMI) and body fat analysis check to assess your physical health metrics.

## Hearing Test

- A hearing test will be conducted to evaluate your auditory health and detect any potential issues.

## Chest X-ray

- You will be escorted to the OrthoPro Clinic in the South Tower of the building for your chest X-ray. This is an essential component of your health check to assess the condition of your lungs and chest cavity.

## Conclusion of the Programme

- Return Home: After completing all assessments and tests, you may go home. Please ensure we validate your car parking ticket during your visit to avoid parking charges.
- Booking a Follow-Up Consultation: You can book a follow-up consultation, either face-to-face or by telephone, according to your preference. This will allow you to discuss your results in detail and plan any necessary next steps. Results can be provided both electronically and in hard copy based on your preference.

Thank you for participating in our Executive Health Check Programme. Your health is our priority, and we are committed to providing you with the best possible care and service.