

A group of diverse professionals in a meeting. A man in a light blue shirt is pointing upwards with his right hand, looking towards a screen. To his left, a woman with dark hair and glasses is smiling. In the background, another woman with curly hair is visible. To the right, a man in a white shirt and a woman with blonde hair and glasses are looking towards the man pointing. The scene is brightly lit, suggesting an indoor office or conference room setting.

# HEALTH SCREENING

A corporate Health Screening programme delivering information, reassurance, and peace of mind.

**UPMC** LIFE  
CHANGING  
MEDICINE

At **UPMC**, we offer a comprehensive Health Screening service that covers a broad spectrum of checks and investigations into your physical health.

Our Health Screening consists of a physical examination, a full blood analysis, and a range of other tests, delivered by an experienced team of medical professionals.

Health screenings can detect a wide range of diseases and conditions across various systems of the body. Early detection of conditions like heart disease, stroke, and diabetes can help optimise health outcomes, reduce complications, and improve quality of life.

### **CORPORATE HEALTH**

We understand that a company's best asset is its people. UPMC provides a full range of screening and medical treatments under one roof. These include physical examinations, blood tests, and additional tests, as required.

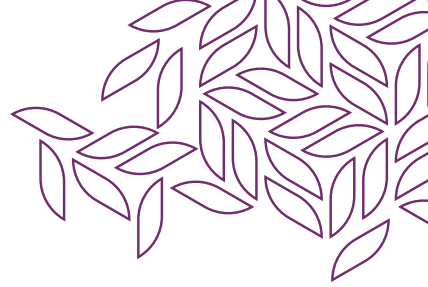
Through our corporate health programme, we also provide nutritional advice, stress management, and lifestyle guidance.





*It is a huge benefit to know that I have a clean bill of health. For now, it is one less thing to worry about as I manage a busy work and home life.*





## WHAT TO EXPECT?

Health Screening appointments take approximately two hours.

Additional tests are available if clinically indicated, including: stress test, DEXA scan, chest X-ray, MRI, CT scan, vascular ultrasound.

Should any test results indicate further investigation, you will be advised on next steps and, where appropriate, be referred to experts within UPMC's network of hospitals or healthcare facilities.

A complete medical report will be issued to you within three weeks of attending. This report will give you an accurate snapshot of your health on the day of attendance.

## BEFORE YOUR HEALTH SCREENING APPOINTMENT

All patients will be asked to complete a Health and Lifestyle Questionnaire prior to their Health Screening appointment.

## AT YOUR CONSULTATION

At your consultation our clinical team will review:

- Pre-existing health issues
- Medical history
- Allergy history
- Medication
- Lifestyle behaviours
- Relevant medical family history

We have a range of additional tests that can form part of your Health Screening.

## HEALTH SCREENING - LEVEL 1

On the day our nurse will carry out the following essential physical tests:

- Blood pressure
- Blood sugars
- Height, weight and BMI
- Waist circumference
- Body fat composition

### Bloods

- Full blood count
- Kidney function tests
- Bone profiles
- Liver function tests
- Total lipid profile (cholesterol, LDL & HDL cholesterol)
- Fasting blood sugar (diabetes)
- Urea, creatinine and eGFR
- Total iron studies
- TSH (thyroid function)
- Vitamin B12 & Folate
- PSA for men over 40+ years
- HBA1C

### LEVEL 1

Cost per 10 employees	€260
Cost per 15 employees	€225
Cost per 20+ employees	€205

## HEALTH SCREENING - LEVEL 2

On the day our nurse will carry out the following essential physical tests:

- Blood pressure
- Blood sugars
- Height, weight and BMI
- Waist circumference
- Body fat composition
- Peak flow test/ spirometry
- Urinalysis test

### Bloods

- Full blood count
- Kidney function tests
- Bone profiles
- Liver function tests
- Total lipid profile (cholesterol, LDL & HDL cholesterol)
- Fasting blood sugar (diabetes)
- Urea, creatinine and eGFR
- Total iron studies
- TSH (thyroid function)
- Vitamin B12 & folate
- PSA for men over 40+ years
- HBA1C

### Doctor Examination with one GP on-site

- Respiratory
- Breast examination\*
- Pelvic examination\*
- Testicular exam\*
- Prostate exam (over 50)\*
- Cardio-respiratory system
- Musculoskeletal system
- Central nervous system

## LEVEL 2

Cost per 10 employees	N/A
Cost per 15 employees	€360
Cost per 20+ employees	€300

## HEALTH SCREENING - LEVEL 3

On the day our nurse will carry out the following essential physical tests:

- Blood pressure
- Blood sugars
- Height, weight and BMI
- Waist circumference
- Body fat composition
- Peak flow test/ spirometry
- ECG
- Urinalysis test

### Bloods

- Full blood count
- Kidney function tests
- Bone profiles
- Liver function tests
- Total lipid profile (cholesterol, LDL & HDL cholesterol)
- Fasting blood sugar (diabetes)
- Urea, creatinine and eGFR
- Total iron studies
- TSH (thyroid function)
- Vitamin B12 & Folate
- PSA for men over 40+ years
- HBA1C

### Doctor Examination with two GPs on-site

- Respiratory
- Breast examination\*
- Pelvic examination\*
- Testicular exam\*
- Prostate exam (over 50)\*
- Cardio-respiratory system
- Musculoskeletal system
- Central nervous system


### LEVEL 3

Cost per 10 employees	N/A
Cost per 15 employees	N/A
Cost per 20+ employees	€385

## AFTER YOUR HEALTH SCREENING?

A complete medical report will be issued to you within three weeks of attending your Health Screening appointment. It will be shared with you and your GP.

This report will give you an accurate snapshot of your health on the day of attendance, details of your individual test results, additional information for any follow-up appointments you may require, and advice on behavioural and lifestyle changes, if needed.



*After I had my health screening I was fully reassured. It really gave me the peace of mind I needed.*





UPMC's Health Screening Programme can be accessed in our Outreach Centre, Carlow.

UPMC Outreach Centre,  
Merchant House,  
Shamrock Plaza,  
Carlow  
Co. Carlow  
R93 E4E3

For all enquiries, contact 059-9140236 or email [healthscreening@upmc.ie](mailto:healthscreening@upmc.ie)