

Preventive Health Assessment at St-John's Care Centre.



At TELUS Health Care Centres, we believe in the power of early detection, prevention and timely intervention. Our annual Preventive Health Assessment is a physician-led, head-to-toe assessment that will give you a 360-degree picture of your current health and a personalized plan to help you live your healthiest life. Any age is the right age to get your health on track.

We're a national network of renowned medical professionals dedicated to identifying health risks, inspiring positive lifestyle choices and helping to improve patient outcomes.

The TELUS Health Preventive Health Assessment comprises a comprehensive range of tests designed to detect a variety of health conditions to help increase the chances of preventing conditions such as cancer, heart disease, diabetes, metabolic disease or health issues and others.

During your Preventive Health Assessment you will complete the below tests and consultations.*

Overview of protocols

- ✓ Medical history and review of risk factors for serious illness
- ✓ Discussion about lifestyle and recommendations for psychological well-being
- ✓ Complete medical examination
- ✓ Pelvic examination and Pap smear test*
- ✓ Prostate-specific antigen (> 45 years)*
- ✓ Full panel blood work and urinalysis*
- ✓ Nutrition coaching
- ✓ Fitness assessment
- ✓ Audiometry (hearing test)*
- ✓ Ortho-rater & Ishihara (vision test)*
- ✓ Spirometry (pulmonary function test)*
- ✓ Screening for fecal occult blood*
- ✓ Resting electrocardiograms*
- ✓ Feedback from the physician and results
- ✓ Coordination of external and internal appointments



Contact us for more details.
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