

7th June 2024

Prioritising what's important isn't always easy – you might even find that often, your health is the last thing on your mind. Maybe you even struggle to find the time to visit your own GP?

The good news is, you can do something to make it easier, with an affordable, local and private health check. After your appointment, you'll get extra peace of mind with ongoing **private GP support included for FREE**. This gives you extra-fast priority access to a GP for all manner of general health issues for a full year – from tummy upsets through to travel advice, the service even covers prescriptions.

A quick, simple and painless Bluecrest Health MOT can help you understand your health now, pick up risks early and help you avoid potential problems further down the line. This special package now includes a **FREE lung function test** for the over-50s...

To book your appointment, call free on **0800 652 2105** and quote **KGQMXJZQP**.

### **Avoiding simple mistakes with your health...**

You're probably wondering what's involved with your Health MOT, please let me explain a little further...

First of all, let me reassure you that your Health MOT is detailed and examines your heart, liver, kidneys, and conditions relating to blood clots, aneurysm risks – things that can go unnoticed but that can be addressed when picked up early. It's all designed to give you greater control over your health and wellbeing.

We've performed over 560,000 Health MOTs since 2012 – our teams are on your side and ready to help you unlock better health. Other than a small blood sample...



**FREE**  
**24/7 GP**  
**Helpline**  
access included  
in all our Health  
Checks

**Your discount code:**  
**KGQMXJZQP**

**Your local clinic:**  
Wolfscastle Country Hotel  
Wolf's Castle  
Haverfordwest  
SA62 5LZ

We have a network of venues across the UK if you'd like to explore other options.

**Date:**  
Thursday, July 11, 2024

Other dates may be available if this appointment is unsuitable.

**Book now:**  
Call: **0800 652 2105** to book and quote code: **KGQMXJZQP**



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... there are no invasive procedures – you will remain fully clothed throughout (although you will need to remove your shoes and socks).

We'll ask a few questions about your medical history and medication, and we'll measure your height. Then we ask you to step onto our body composition analyser: a sophisticated device that not only weighs you, but also measures your ratio of body fat to muscle and your metabolic rate.

The process was much quicker and easier than expected, the staff friendly but maintained a professional stance. I feel very positive that any symptoms could be dealt with now rather than just left.

**MARION NETLEY**

Then we ask you to relax on a comfortable examination couch. Your Health Assessment Specialist will attach an electrode to each ankle, and an electrode to each arm. The 'electrode' is a small self-adhesive pad, completely pain-free and harmless. We'll record your heart trace then the electrodes are removed and a blood pressure cuff is wrapped around your upper arm.

Your Health Assessment Specialist will also wrap another one around your lower leg. This is your artery disease test. We're looking for a difference between the blood pressure reading from your arm and your leg which may indicate a problem with your arteries.

Lastly, we take a small blood sample from your arm. All of our Health Assessment Specialists are experienced in taking blood samples with little discomfort.

**Your tests are now over and you're free to go! In many cases, this part of your assessment takes less than half an hour but the hard work doesn't stop there...**

*But now our real work begins.* Your data is transmitted to our system and your blood sample couriered overnight to our laboratory where our analysts break down your sample into 25 separate components. Your ECG readings, in the meantime, will be examined by a member of our specialist Cardiology team with detailed notes made about your heart rhythm. Your other data is collated and the team start work on your report...

**YOUR 'PERSONAL HEALTH REPORT' WILL BE AT LEAST 24 PAGES LONG, 53 DIFFERENT VITAL HEALTH CRITERIA, A COMPREHENSIVE DOCUMENT TO GIVE A REMARKABLE INSIGHT INTO YOUR HEALTH AND WELLBEING.**

You won't be presented with a sheet of 'gobbledegook' numbers. You'll have your readings that you can share with a professional; but more importantly, each reading in your report will be explained and 'traffic lighted'...

**G GREEN** indicates that your result is within the recommended range

**A AMBER** indicates that your result is slightly outside of the recommended range

**R RED** indicates your result is further outside the recommended range

**Call 0800 652 2105**

*continued on page 2*

In addition to standard measurements like blood pressure, your report also highlights your artery disease results. If we need to, we will also explain how any risks can be treated early.

Next are your Blood Test Results. We use advanced analysis technology to look at 24 different readings from your single blood sample (that's why it takes some days to complete the detailed analysis).

We look at General Health Markers: albumin, total protein, iron and globulin. For example, we'll look at iron in your blood as this can relate to iron-deficiency anaemia, which can be treated if detected.

Then we use the blood sample to conduct your Liver Function tests. AST, ALT, Gamma GT, total bilirubin and alkaline phosphatase are all measured. If elevated levels are picked up, this will be fully explained to help you address this early.

We move on to Kidney Function tests. We measure sodium which is important in blood pressure and fluid balance. Raised urea levels can relate to kidney issues that will be explained, if identified. We also test for Diabetes by looking at your blood glucose levels.

Finally, we run a Full Lipid (Cholesterol) Profile. We look at triglycerides, low density lipoprotein (LDL – the so-called 'bad' cholesterol), high density lipoprotein (HDL, the 'good' cholesterol), total cholesterol and the ratio between LDL and HDL. The goal of all tests is to help you understand your health status and be pro-active in helping reduce future risks such as your cardiovascular health.

### **But your report is still only half-way through!**

The next section is your ECG Test – showing the *health of your heart*. The actual trace we recorded from you will be printed in your report. It will have been analysed by a specialist, looking at 16 different 'markers' such as P-Wave Morphology, QTc Interval, Atrial Ectopics and more. *Our specialists look for anything outside the normal range, and of course you'll be told if anything is discovered.*

And then Biometric Analysis: your weight, your body mass index, your body fat percentage, your visceral fat (how much fat you have around your vital organs), your fat free mass and your total body water will be measured.

### **Just £139...surely this should cost more?**

That's a comprehensive range of tests but rest assured you can ask for additional...

*I thoroughly enjoyed my experience with Bluecrest. The staff were efficient, friendly and helpful and there was no time wasted. The highlight was my report. Beautifully presented and highly informative and in depth. I have had a health screening done by another company a couple of years ago and was very disappointed so was quite surprised at the depth of the report from Bluecrest. No hesitation – would recommend you every time.*

**PAT GOWIE**

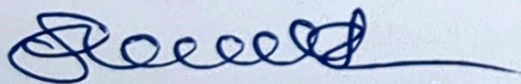
... testing, such as a detailed *Blood Health Profile* which can help you understand things like how well your body fights infection, inflammation and transports oxygen.

These days, taking responsibility for your health has become commonplace. I can't think of a simpler and more affordable way to take that responsibility seriously. With your offer code (**KGQMXJZQP**), your Health MOT only costs £139 – saving you £131 on the cost if you were to buy each test individually.

Test description	Your package
24/7 GP helpline access	<b>FREE</b>
Artery Disease test for heart attack and stroke risk	✓
Liver & kidney function, cholesterol, diabetes, general health, inflammatory arthritis and more	✓
Body fat, hydration levels, muscle mass, bone mass, metabolic age, basal metabolic rate	✓
Peripheral arterial disease (PAD)	✓
Personal results report	<b>FREE</b>
COPD lung function test (if you're over 50)	<b>FREE</b>
Individual test price total	£270
<b>Discount when purchased as a package</b>	<b>-£131</b>
<b>YOUR SPECIAL PRICE</b>	<b>£139</b>

Freephone **0800 652 2105** to confirm your appointment time and quote your offer code **KGQMXJZQP**. But please hurry, places are limited to 15 per clinic and there are only a few remaining at Wolfscastle Country Hotel.

Yours sincerely,



**Dominique Kent**  
**Chief Executive Officer • MSc**

PS: If you're over 50 you qualify for a **FREE COPD lung function test**. Chronic obstructive pulmonary disease (COPD) can narrow your airways, making it difficult to breathe. It's estimated 2 million people in the UK may have COPD without knowing.

### Why have you been invited to a private health check?

Bluecrest are holding private health assessments in your local area and we are writing to invite you to attend a series of checks relevant for the over 50s. No personal data about recipients has been used in the creation of this mailing. We are not working in partnership with the NHS. Further information is available in the Privacy Policy on our website at [www.bluecrestwellness.com/privacy-policy](http://www.bluecrestwellness.com/privacy-policy). If you no longer wish to receive letters from Bluecrest, please write to Bluecrest, RHU, PO Box 1408 Sunderland SR5 9QY or email [remove@bluecresthealth.com](mailto:remove@bluecresthealth.com) with your contact details.

Company Registration details: Bluecrest Health Screening Ltd, Ridgeworth House, Liverpool Gardens, Worthing, West Sussex BN11 1RY. Registered in England and Wales Number 08119445. Bluecrest is registered with and regulated by the Care Quality Commission (CQC). Bluecrest's laboratory partners are ISO 15189 accredited and independently audited through Clinical Pathology Accreditation (CPA).



### 24/7 GP Helpline Access

Included as standard in all our health check packages



### Friendly Specialists

Your appointment will be carried out by Specialists trained in Phlebotomy



### Fast Online Results

Access your results within 8 days on your My Wellness account



### Specialist Cancer Risk Tests

Additional tests available for bowel, kidney, cervical and prostate cancer risk

Getting a comprehensive overview of your health is as easy as 1, 2, 3...

1

Call free and quote your special discount code to book your appointment

2

Attend your 30-minute appointment at your convenient local clinic

3

Get your comprehensive results report, complete with ongoing support with access to a 24/7 GP helpline

**CALL TODAY AND SAVE**

Spaces at your local clinic are limited and tend to get booked up quickly. Call early to help ensure you have the best selection of times to choose from.

**Freephone:  
0800 652 2105**




**Bluecrest**

## How can a Bluecrest health check help you?

Understanding your health has never been easier



 Trustpilot

"My test highlighted a prostate problem, which was later diagnosed as prostate cancer. I did not have any symptoms at the time. I have had radiotherapy treatment and it appears as if the cancer has been caught in time, and I expect to make a full recovery. My most recent test showed a satisfactory result. **If I had not been tested by Bluecrest, I doubt whether I would have been able to make a full recovery.**"

- Mr L Dixon

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Ridgeworth House, Liverpool  
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Number: 08119445.**



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## What is a health MOT?

Many serious conditions are symptomless in their early stages. A Bluecrest health check can help you understand your risks before conditions become too advanced to effectively treat.

Put simply, your health MOT is a quick and easy way to find out how healthy you are on the inside. As well as learning about your risk of heart disease & stroke, your MOT will cover liver & kidney disease, artery health, aneurysm risk, plus key general health readings including cholesterol, protein, iron, diabetes and more.

You needn't worry about privacy either, as the tests carried out are all non-invasive and painless – within 30 minutes your MOT will be finished and you'll be able to enjoy the rest of your day.



**560,000+**

Health Checks Performed



**4.2/5**

Average Customer Rating  
on Trustpilot



**UK-wide**

Services available anywhere  
in mainland UK



**UKAS/CPA**

Accredited Laboratory

## There's a reason we've been awarded Health & Wellbeing Provider of the Year three times...

"It was all conducted extremely well, **especially in these difficult times**. The complete results arrived in a short time and these were easy to understand and explained in layman's language." - Mrs D Pursell

"I was made to feel very comfortable. **The tests were able to expose a medical condition** which could have had serious consequences but which was able to be caught in good time." - Mr J G, Hampshire

"I was very impressed with the efficiency of Bluecrest. The information both before the **consultation and the subsequent report were excellent**. The report highlighted concerns which I am now addressing." - Mrs K Shackleton

"I wanted some comprehensive blood tests for peace of mind as I work for myself and have recently turned 50. Service was **highly professional** and personable with results available quickly, just what the good doctor ordered!" - Mr R Morris

"I have already recommended you to others and **discussed results with my GP** who has had numerous other patients showing her their Bluecrest reports!" - Ms N Cakebread

"This health check **gave me real peace of mind** and the one or two flagged results meant I could adapt my diet to improve my health. **I will definitely be doing this again next year.**" - Mrs L Johnstone

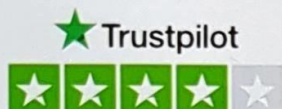
Call free to book your  
appointment: 0800 652 2105

Or visit: [www.bluecrestwellness.com](http://www.bluecrestwellness.com)

# A company you can trust...



Our convenient, cost-effective health assessments are multi-award-winning. We've been voted **Health and Wellbeing Provider of the Year** in the WSB awards for the last two years running, and in 2021, our work with Vitality won us a **Best Customer Experience** award in the UK Business Awards.



With a **4.2 star rating on Trustpilot** and **4/5 of our customers stating that they would recommend our services** to friends and family, you can be assured that we consistently deliver an excellent service.

Since 2012, we've undertaken **over 560,000 health checks** across the UK and ROI. We are certified to **ISO 9001**, meaning our standards are monitored and recognised worldwide. We're also registered with the **Care Quality Commission (CQC)** and in July 2022 we were awarded a rating of **good**.



## Frequently asked questions



### Who are Bluecrest?

Bluecrest is a Care Quality Commission (CQC) registered, award-winning private health check provider who can give you a painless and reassuring health 'MOT' in just 30 minutes within easy reach of your home. No difficult appointment booking process, no busy waiting rooms, lengthy waiting times, or harsh clinical settings. Our laboratory partners comply to ISO15189 standards and are accredited under the United Kingdom Accreditation Service (UKAS). We have performed over 560,000 assessments across the UK and Ireland.

### Why don't you do health checks at a hospital?

We find that local hotels are far more comfortable and relaxed with private consulting rooms,

great transport links and easy parking in central, accessible locations. This also allows us to keep our fees significantly lower than other providers.

### Can I get these tests free on the NHS?

While the NHS does have programmes in place to check for illnesses in people of certain ages, it doesn't normally offer health assessments with detailed personalised results reports like ours. The NHS also won't normally perform tests like this unless you display symptoms.

### Who will my appointment be with?

When you arrive at your appointment, you'll be greeted by one of our friendly Health Assessment Specialists who will take your blood samples and perform your physical tests. Our team are fully

## Fully personalised results reports so you always know what to do next...

Your full results report will be posted to your home within 21 days of your health check. You'll also be able to view your test results securely online via your My Wellness platform.

Your results report includes personalised follow-up advice as standard. For extra peace of mind, you'll even have access to a Private GP helpline service for an entire year after your appointment.

[www.bluecrestwellness.com](http://www.bluecrestwellness.com)



Minimum  
24 pages in  
detail

Hard copy printed results sent straight to your door as standard

Also get digital access to your results 24/7 on your My Wellness platform



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trained in Phlebotomy (blood taking) and have varying backgrounds in the health sector.

### What do I need to do to prepare?

Full preparation instructions will be provided when you book your appointment. Our upgraded testing means you do not need to fast so can continue to eat and drink as you normally would. Please drink plenty of water before your appointment to remain well hydrated (this makes taking a blood sample easier).

### Who reviews my test results?

Cardiac Data Analysts will examine your ECG trace, while our partner laboratory (the largest independent lab in the UK) will analyse your blood sample. Within around 8 days you'll be able to view your test results online, and your personalised results report will follow in the post within 21 days.

### What happens if something urgent is picked up?

If there are any critical risks revealed which require

immediate attention, we will contact you as soon as these are identified. This means you won't have to wait for all your results to be processed to take appropriate action.

### How long do health assessments take?

Please allow up to 30 minutes for your appointment. There are no invasive procedures and your trained Health Assessment Specialist will be happy to answer any questions you may have about the tests being performed during your appointment.

### What follow-up support will I be given?

For an entire year after your appointment, you'll have the added peace of mind with ongoing private GP support included for FREE. This gives you extra-fast priority access to a GP 24/7, for all manner of general health issues – from tummy upsets through to travel advice, the service even covers prescriptions.

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