Vitality Medical-Checkup

Prevention is better than cure

Both the rising cost of healthcare, combined with our busy work schedules means that many people are not taking regular health check-ups.

It is a well known medical recomendation that we should carry out regular medical check-up´s if we want to live a long and healthy life. This way Doctors are able to detect issues early-on as well as offer practical advice on healthy living.

Our Vitality Medical-Checkup can be both added as part of any of our programs or taken individually.

Vitality Medical Checkup includes tests and results for:

- Pressure tests
- Cholesterol level checks
- Body mass index (BMI) and obesity tests
- Cervical smear tests (Pap tests) for women
- Diabetes checks