# 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 checkups.

It is a well known medical recomendation that we should carry out regular health checks 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 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