



reAssure I-IV Health Screening

Healthcare as extraordinary
as you are



About reAssure

What is reAssure?

reAssure is a leading health screening service, created by HCA Healthcare UK.

Each reAssure health screen is led by an experienced doctor and is tailored to your personal health needs. Your screen will focus on key health issues, from optimising fitness, to cancer and cardiovascular disease. You can also tailor your screen to include age and gender specific tests, and choose detailed genetic tests and ongoing lifestyle coaching sessions.

Why choose reAssure?

Your HCA UK reAssure health screen is a comprehensive, doctor-led assessment where you'll receive:

- Dedicated one-on-one time with a doctor to discuss your health needs
- Expert-led personalised recommendations to put you in control of your health
- Easy onward referral if required, ensuring you get the care you need when you need it
- Peace of mind knowing you're taking proactive steps for your health

Why should I get screened?

Health and wellbeing is vital to us all. With reAssure you'll have a snapshot of your health, which will allow you to make positive decisions and more informed lifestyle choices.

Your reAssure health screen is the perfect opportunity to discuss your personal health concerns and investigate your health risk factors with an experienced screening doctor.

“

An extremely pleasant and positive experience with the clinician and the doctor. They both took time to understand my lifestyle, issues and concerns and suggested some very simple and practical advice.

”









HCA Healthcare UK reAssure patient satisfaction survey



Bespoke tests

You can add bespoke tests to your health screen with Advanced Screening. To find out more, ask your screening doctor.

Which health screen should I choose?

Level I	Level II	Level III	Level IV
 <p>Includes 33 tests and a full physical examination.</p>	 <p>Includes 39 tests, a full physical examination and an assessment of key health indicators.</p>	 <p>Includes 43 tests, a full physical examination and an assessment of your key health indicators and hereditary health risks.</p>	 <p>Includes 45 tests, a full physical examination, genetic testing and a lifestyle coaching package.</p>
 <p>Up to 45 minute appointment, entire appointment with a doctor</p>	 <p>Up to 60 minutes with a doctor, for a 1hr 30 minute health screen</p>	 <p>A 60 minute appointment with a doctor, for a 2hr health screen</p>	 <p>Up to 75 minutes with a doctor, for a 2hr 15 minute health screen</p>
reAssure I	reAssure II	reAssure III	reAssure IV



To book an appointment:

Email: appointments@hcaprimarycare.co.uk Call: 034 5437 0691 (choose option 2)

Medical tests

You'll be able to tailor your health screen to include age- and gender-specific tests.

Sections	Medical Tests	reAssure I		reAssure II	reAssure III	reAssure IV
		In-clinic	At-home	In-clinic	In-clinic	In-clinic
Genetic testing and lifestyle coaching	Choose from one of the following tests: Genetic Cancer Risk DNA Nutrition Test Four-session tailored coaching programme					★
Fitness and cardiovascular health	Advanced cardiac risk assessment: Triple Pulse Wave Velocity (PWV) assessment for arterial stiffness				●	●
	Core stability assessment with spinal mouse				●	●
	Lung function			●	●	●
	Resting ECG (electrocardiogram)			●	●	●
Male specific	Prostate cancer blood test (PSA), if clinically indicated, over 45s	●		●	●	●
	Testicular examination	●		●	●	●
	Testicular self-examination		●			
Age specific	Personal advanced screening roadmap	●	●	●	●	●
	qFIT Bowel Cancer screening, over 50s			●	●	●
Female specific	Pelvic examination	●		●	●	●
	Cervical smear test (thin prep, only if clinically indicated)	●		●	●	●
	HPV test	●		●	●	●
	Rubella antibodies blood test (if of reproductive age)	●		●	●	●
	Breast examination	●		●	●	●
	Digital mammography (Incurs extra cost. Only conducted if clinically indicated)	●		●	●	●
Medical history	Medical history and lifestyle questionnaire (online assessments including diet, sleep and emotional wellbeing questionnaire)	●	●	●	●	●

Sections	Medical Tests	reAssure I		reAssure II	reAssure III	reAssure IV
		In-clinic	At-home	In-clinic	In-clinic	In-clinic
Physiological	Hearing test			•	•	•
	Physical examination	•		•	•	•
	Doctor consultation	•	•	•	•	•
	Body mass index (BMI) calculation	•	•	•	•	•
	Waist-to-hip ratio	•	•	•	•	•
	Body fat percentage test	•		•	•	•
	Tissue hydration	•		•	•	•
	Blood pressure and pulse rate measurements	•	•	•	•	•
	Q risk/Cardiovascular risk score	•	•	•	•	•
	Diabetes risk score	•	•	•	•	•
	Basic metabolic rate (BMR)	•	•	•	•	•
	Clinical mole check	•		•	•	•
	Body chemistry	PLAC (cardiac disease screening)				•
Full haematology plus ESR		•	•	•	•	•
Vitamin D		•	•	•	•	•
Serum glucose		•		•	•	•
Renal (kidney) function		•	•	•	•	•
Bone minerals		•		•	•	•
Gout		•	•	•	•	•
Protein levels and liver function		•	•	•	•	•
Cholesterol plus fractions and ratios		•	•	•	•	•
Thyroid (TSH)		•	•	•	•	•
Serum iron		•		•	•	•
HbA1C diabetes test (more accurate than fasting glucose)		•	•	•	•	•
Urinalysis		•	•	•	•	•

Frequently asked questions

When can I book my appointment?

You'll receive an invitation from the HCA UK team a little in advance of the due date of your health screen. This is to help you book it as close to the due date as possible. We're fully aware that many of you like to plan medical appointments in advance, so we'll work with you to arrange a time that's convenient.

How can I book my appointment?

You can book your appointment in one of three ways.

Online at: portal.hcaprimarycare.co.uk

By email at: appointments@hcaprimarycare.co.uk

By phone on: 0345 437 0691 (choose option 2)

What forms will I need to fill out in advance? What will they include, and how will I receive them?

We ask you to complete four screening questionnaires ahead of your appointment. These should take no longer than a total of 30 minutes to complete. It is essential you complete these before your appointment so you can make the most of the time with the doctor and help them to effectively assess your health during the appointment. These questionnaires will be available for you to complete on the HCA UK patient portal and include:

- A general health profile
- A diet questionnaire
- An emotional wellbeing questionnaire
- A sleep questionnaire

It's important for your doctor to have a full understanding of your past medical history and your family history so they can assess your risk from diseases with a hereditary component. In order to help them in this, please provide detail wherever possible.

How long will it take to get the health screening report and where will I find it?

Your full, personalised health screening report will be available 10-14 working days from your appointment. This is available within the patient portal and is accessible via the web portal or the My HCA app.

Where can I have my health screening?

Convenience is key. That's why we give our patients the flexibility to choose a location that's closest to them. You'll be able to choose any of the HCA UK medical centres on the opposite page for your health screen.

How will my data be protected?

Personal data is handled with the utmost sensitivity and our systems and processes comply with all relevant data protection laws. Please scan this QR code to view the HCA UK privacy policy.



What if I need to cancel my appointment?

If you need to cancel or reschedule, it's no problem. You can do this free of charge up to 48 hours before your appointment. Changes or cancellations after this time will incur a charge.*

You can cancel appointments through our patient portal and app or contact the HCA UK bookings team on **0345 437 0691**. Declining through the calendar invite **does not** cancel your appointment.

*Cancellations with 24-48 hours' notice will incur a charge of 50% of the appointment fee. Cancellations with less than 24 hours, notice will be charged the full appointment fee.



Our London Locations

58 New Broad Street EC2M 1JJ

120 Old Broad Street EC2N 1HT

The Shard, St Thomas Street SE1 9BS

40 Bank Street, Canary Wharf E14 5EE

148 Tooley Street SE1 2TU

Victoria Station Concourse SW1V 1JT

Unit 53, 55 Baker Street W1U 8EW

47 Nottingham Place W1U 5LZ

347-353 Chiswick High Road, W4 4HS

Beaufort House, The Waterfront Business Park,
Elstree WD6 3BS

15-17 Lodge Road NW8 7JA

31 Old Broad Street EC2N 1HT

Locations listed are subject to change.

How do I book a reAssure screen?

You can book online via the My HCA app,
or use the contact details below:

E: appointments@hcaprimarycare.co.uk

T: 0345 437 0691 (choose option 2)



Our National Locations

- | | |
|----------------------------------|-------------------|
| 1. Birmingham | 11. Southampton |
| 2. Chester | 12. Northampton |
| 3. Wilmslow & Manchester Central | 13. Cardiff |
| 4. Bristol | 14. Milton Keynes |
| 5. Leeds | 15. Sevenoaks |
| 6. Peterborough | 16. Chelmsford |
| 7. Reading | 17. St Albans |
| 8. Newcastle upon Tyne | 18. Bournemouth |
| 9. Glasgow | 19. Farnham |
| 10. Edinburgh | 20. Brighton |



To download the [My HCA](#) app, scan the relevant QR code below or book online:



Our Group

The Harley Street Clinic
The Lister Hospital
London Bridge Hospital
The Portland Hospital
The Princess Grace Hospital
The Wellington Hospital
The Wilmslow Hospital
Private Care at Guy's
HCA UK at University College Hospital
The Christie Private Care
The Harborne Hospital
HCA UK Laboratories
HCA UK Primary Care
Sarah Cannon Research Institute

Call: 0345 437 0691 (option 2)
Email: appointments@hcaprimarycare.co.uk
Visit: portal.hcaprimarycare.co.uk
hcahealthcare.co.uk

hcahealthcare.co.uk

Connect with us

