YOUR HEALTH
YOUR WAY

maintaining good health
Your health is the most important thing you will ever own.

Looking after your health is your priority; our priority at Health Check in the Mater Private Cork is to support and enable you to manage your health, your way.

At Health Check we work with our team of physicians using a range of tests to assess your health. We aim to identify any risk factors or signs and symptoms of common conditions which if not detected early could at a later date result in serious health issues.

We seek to help you understand your current health profile and we work with you to ensure you maintain your good health.
AT HEALTH CHECK

Health Check at the Mater Private in Cork is run by a team of specialist physicians and health care professionals. We are located in a purpose built, state-of-the-art healthcare facility and have the back-up of the clinical team on-site, here at the Mater Private Hospital Cork.

We combine a tradition of premium healthcare with a state-of-the-art online approach, offering you complete control of scheduling, as well as secure online access to your results. Our aim is to enable you to have full control over your health, your way.

“Health Check is a comprehensive review of a person’s health through a series of clinical tests and measures. Health Check can help with early detection of abnormalities or the presence of risk factors for many illnesses.

This is of particular benefit where early management plans or treatment can be put in place before an illness develops. The earlier disease is detected, the greater the potential treatment options available and the better the outcome for the patient.”

Dr John Gallagher, Clinical Director, Health Check, Mater Private Cork

OUR PROGRAMMES

There are a range of programmes tailored to your needs and requirements.

We also offer additional tests appropriate to your family history and areas of concern or interest to you.

- We will assess established risk factors to identify any future health risks
- We will provide you with practical medical advice and a lifestyle action plan
- We put you in control of your health & your health check
PROGRAMME 1
THE HEALTHY HEART CHECK

Did you know that heart disease is Ireland’s No.1 killer?

Cardiovascular health review and risk factor profiling
- Cardiac Risk Factor Analysis – family history and lifestyle questionnaire review
- Cholesterol Check - fasting lipid profile
- Diabetes Check - Fasting glucose/HbA1c
- Resting ECG
- Height & Weight Measurement
- BMI & Body fat
- Blood Pressure
- Urinalysis

Additional tests offered following consultation with Health Check Physician
(additional tests not included in chosen programme price)
- Exercise Stress Test
- Cardiology Review
- Dietician Review
- Mole Mapping
- Gastroenterology Review

PRICING
HEALTHY HEART CHECK | €275
PROGRAMME 2

THE ESSENTIAL MEDICAL CHECK

Maintaining good health puts you in control of your health, supporting you to maintain a healthy lifestyle.

Understanding your health
- Questionnaire: review of your current health & past medical history
- Physical Examination: full physical examination & consultation with your Health Check doctor

Measurements
- Body Composition Measures: Height, Weight, BMI, Body Fat
- Blood Pressure
- Urinalysis

Blood Tests
- Fasting Lipid Profile
- Fasting Glucose/HbA1c
- Liver Function Test
- Kidney Function Test
- Full Blood Count
- Calcium
- Thyroid Function

Heart & Lung Checks
- Resting ECG
- Lung Function Testing

Sensory Tests
- Vision Screen
- Hearing Check

Additional tests offered following consultation with Health Check Physician (additional tests not included in chosen programme price)
- Exercise Stress Test
- Dietician Review
- Mole Mapping
- Cardiology Review
- Consultant Gastroenterologist Review/Endoscopy
- Bowel Cancer Screen (FOB Test)
- Prostate Cancer Screen (PSA)
- Haemochromatosis (Serum Ferritin)
PROGRAMME 3
THE EXECUTIVE MEDICAL CHECK

Taking a proactive approach to your health and the health of your company

Incorporating all the features of the essential medical screen with additional features for busy executives including exercise stress ECG, personal stress and lifestyle questionnaire, discussion and advice about stress management and detailed lifestyle advice.

Understanding your health
- Questionnaire: review of your current health & past medical history
- Physical Examination: full physical examination & consultation with your Health Check doctor

Measurements
- Body Composition Measures: Height, weight, BMI, Body Fat
- Blood Pressure
- Urinalysis
- Bowel Cancer Screen (FOB test)

Blood Tests
- Fasting Lipid Profile
- Fasting Glucose/HbA1c
- Liver Function Test
- Kidney Function Test
- Full Blood Count
- Calcium
- Thyroid Function
- Prostate Cancer Screen (PSA)
- Haemochromatosis (Serum Ferritin)

Heart & Lung Checks
- Resting ECG
- Exercise Stress ECG
- Lung Function Testing

Sensory Tests
- Vision Screen
- Hearing Check

Lifestyle Analysis
- Personal Stress Questionnaire
- Lifestyle and Dietary Advice

Additional tests offered following consultation with Health Check Physician
(additional tests not included in chosen programme price)
- Dietician Review
- Mole Mapping
- Cardiology Review
- Consultant Gastroenterologist Review/Endoscopy

PRICING
EXECUTIVE MEDICAL CHECK | €575
HOW THE PROGRAMME WORKS
Once you decide on your programme of choice, you have complete control of scheduling online.

- Book your appointment online
- Complete a personal health questionnaire
- Attend for your appointment

REPORTS & RESULTS
Following your Health Check, your test results will be reviewed and reported on. You will have secure access to your results online.

- Personalised Results
- Risk Identification & Scoring
- Health Advice & Management
HOW TO BOOK AN APPOINTMENT

Our online booking facility allows you to book your appointment at a time that suits you.

To book, simply follow the instructions below:

- [ ] www.materprivatecork.ie/health-check-cork
- [ ] Click on Make an Appointment
- [ ] Select your preferred Health Check Programme
- [ ] Select “book appointment”
- [ ] Follow the instructions on screen

Alternatively you can call us to make an appointment.

- [ ] Tel: 021 601 3258
- [ ] Email: HealthCheckCork@materprivate.ie
CORPORATE ENQUIRIES

Taking care of your team and facilitating early detection of health related problems, encourages everyone to be proactive in taking care of their health. Corporate Health Check programmes can be tailored to suit your organisational needs.

- Executive Health Screening for Senior Management
- Staff Health Screening Programmes eg breast, prostate, diabetes, cholesterol
- Pre-employment Medicals
- Insurance Medicals
- Customised Health Screening

Contact us directly and we will meet with you to discuss your needs and explore options.

- Tel: 021 601 3258
- Fax: 021 454 1021
- Email: HealthCheckCork@materprivate.ie