



HealthCheck
Patient Lounge



Mater Private HealthCheck

A Proactive Approach to Your Health

 **Mater
Private
Network**

Mater Private HealthCheck gives you a comprehensive picture of your health, even before symptoms appear. Advanced diagnostics, a detailed medical examination, and lifestyle insights - all in a single, coordinated visit. You leave with clear, actionable guidance and fast access to further specialist care if needed.



1 in 3

HealthCheck appointments uncover a health issue worth investigating further.

Why Choose Mater Private HealthCheck?



**Ireland's Most
Comprehensive Health
Assessment**



**Fast-Track Access to
Specialist Care**
(200+ specialist consultants)



**One visit.
Detailed results.
Clear next steps.**



“Preventive health works best when we look at the whole person — physical, mental and lifestyle factors — and act early. Our HealthCheck is designed to give people a deeper understanding of their health and clear guidance on what will genuinely make a difference.”

Dr. Wilby Williamson,

Consultant Sports and Exercise Medicine and
Head of Preventive Health at Mater Private Network



Choose Your HealthCheck

We offer two HealthCheck packages, designed to address different health goals. Whether you're looking to establish a clear understanding of your current health status or take a more proactive approach to long-term health and performance, both of our HealthCheck packages give you expert insight in a single, streamlined visit.

What's Included

Each HealthCheck includes a broad range of assessments, designed to give you a detailed and clinically robust understanding of your health

HealthCheck Focus

Your comprehensive health status


A comprehensive health snapshot that identifies your risk factors and flags early signs of common conditions before they become a problem.

 Available at both Day Hospitals

HealthCheck Vitality

Advanced health and longevity insights

Everything in Focus, plus deeper insight into your fitness, body composition and long-term health optimisation.

 Exclusively available at Cherrywood, South Dublin

HealthCheck Focus

HealthCheck Vitality

Consultation

Medical history & lifestyle analysis
 Allergy & medication review
 Relevant family history
 Mental health assessment

✓
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✓
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Physical Examination

Blood pressure, weight & BMI
 Spirometry & respiratory test
 Breast, pelvic & testicular exam
 Vision & hearing assessment
 Cardio-respiratory system
 Abdominal & joint evaluation
 Body composition analysis

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Advanced Blood Testing

Full blood count & iron studies
 Kidney, liver & bone profile
 Total lipid & cholesterol panel
 Diabetes (fasting blood sugar)
 Thyroid function (TSH)
 Vitamin D, B12, magnesium & folate
 Testosterone
 Advanced cardiac lipid testing

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Additional Tests

Resting ECG — reviewed by cardiologist
 FIT test (bowel cancer screening)
 PSA (prostate screen, males 40+)
 Urine & stool analysis
 Chest X-ray (if clinically indicated)
 VO₂ Max fitness testing

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Other tests/referrals (if clinically required)

Where appropriate, your doctor may recommend further investigations such as vascular screening, stress test, DEXA scan, Coronary Computed Tomography Angiography (CCTA) and others (further appointment required). Reduced rates for certain tests may apply for HealthCheck patients. These tests may be offered in another Mater Private Dublin location.

What Makes Our HealthCheck Different



Advanced Performance & Longevity Insights

We go beyond standard health screening with advanced testing such as VO² Max testing, body composition analysis and mental health screening – giving you deeper insight into your overall long-term health and your risk profile.



A Dedicated HealthCheck Lounge

Our Cherrywood HealthCheck Lounge offers a comfortable, private space to work or relax during your visit with Wi-Fi, complimentary refreshments and a calm environment.



Mater Private HealthCheck Patient Portal

Our new digital portal lets you complete pre-visit medical history questionnaires online and access your full doctor-reviewed report at your convenience, with traffic-light indicators that make your results simple to understand, anywhere, anytime.

What Happens After Your Visit?



Within two weeks, you will receive a detailed digital health report with a summary of every test result and a personal summary from your HealthCheck doctor, who will guide you on any next steps you may need to take.



If follow-up is needed, you can be referred directly to one of our specialist consultants (no GP referral needed and no unnecessary delays).



If nothing needs further investigation, you'll have a clear picture of your health baseline and personalised lifestyle recommendations to build on.

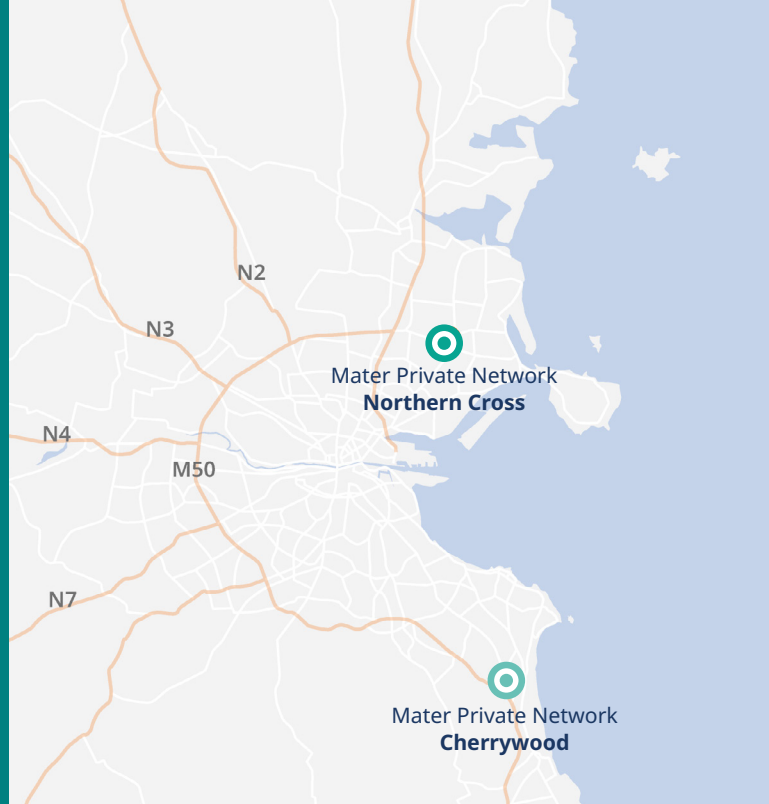
Our Locations

Mater Private Network Day Hospital, Cherrywood

Cherrywood Business Park, Building 11,
Loughlinstown, Co. Dublin, D18 DH50

Mater Private Network Day Hospital, Northern Cross

Newenham House, Northern Cross,
Malahide Road, Dublin 17, D17 AY61



**Take Your First Step
to Better Health.**



**One appointment.
One location.
Time well spent.**

Book Your HealthCheck Today



healthcheck@materprivate.ie



01 885 8257 or **01 885 8258**



materprivate.ie/healthcheck



Mater Private HealthCheck gift vouchers are now available, a great way to show someone you care about them.

To find out more about pricing or to discuss a package that suits your needs, get in touch with our team.

Mater Private HealthCheck for Your Team (Corporate Option)

Mater Private HealthCheck is a meaningful investment in your team's well-being and a clear demonstration of your duty of care.

- Group and corporate bookings available
- Confidential, individual results. Full privacy maintained
- Contact us to discuss bespoke corporate screening packages