

# You may feel healthy on the outside but what's happening on the inside?



Now you can find out with some fast and simple health checks available with your

## Medicash Health Cash Plan

We all know that prevention is better than cure and a comprehensive health screen from Bluecrest Wellness includes more than 50 readings to determine your current health and give you the edge to stay ahead of future potential issues.

And with the tests taking just 30 minutes in a private, relaxed environment, with no need to remove your clothes, there has never been a better time to get yourself checked out.

A full Bluecrest 'Active' health screen will normally cost you £129, but as a Prospero employee it is available to you for a discounted price of £100. Even better, you

can claim £100 back from Medicash under their health screening benefit.

**This means you can have a full annual health screen for Free!**

All you need to do is call the number shown below and quote the code provided to book a screen at one of over 1,800 locations in the UK. You should therefore be able to find a convenient Bluecrest clinic near to your home or workplace.

You will need to pay the £100 cost of the screen when you book it, but once you have had the screen, you can claim the £100 back from Medicash.

Please note the £100 health screening benefit with Mediacash can only be claimed once a year, based on a 1 September policy renewal date.

Call on **0808 281 9994** and quote the code: **PREM33** to find your nearest location and take the first step towards better health.

# What's included in your comprehensive health screen?

As advised above, your comprehensive health screen includes over 50 different tests and assessments which aim to find out how healthy you are.

While these tests are quick and easy to do, they allow Bluecrest's doctors to assess your risk of developing illnesses in future and provide you with guidance to help you reduce any risks identified.

Your screen will help to determine your heart health, your aerobic fitness (lung test), screen your blood for a range of indicators (e.g. specific mineral levels, blood sugar etc.), look at kidney and liver health and see how stressed you are.

All your results will remain confidential between you and Bluecrest. Prospero will not even know you had a screen.

## Detailed Personal Health Report

Your 16-page report contains a wealth of information to help you keep fit and healthy.

Everything is easy to understand, without medical jargon, to help you remain fit and well. There is even a pull out summary page to give to your GP if you wish to.

Available online or hardcopy in the post, your report provides everything you need to assess your current health and address any issues identified.



