

# Vitality Health Check

## CLIENT INFORMATION

**Thank you for Booking your Appointment at the FindOut Clinic.**

**Please read the following guide sheet in order to receive the optimum experience at the Clinic.**

### **How do I get to the FindOut Clinic?**



The FindOut Clinic is based in The Pavilion, Stormont Estate, Upper Newtownards Road, BT4 3TA.

If your appointment is Monday to Friday 8:00am to 6:30pm please enter via one of main Stormont Estate entrances (Massey Avenue, Newtownards Road Main Entrance, Stoney Road) Please bring ID and follow directions by Security.

For appointments on weekdays after 6:30pm and on weekends please enter via Newtownards Road Pavilion Gate.

Please be on time for your appointment and upon arrival report to Pavilion Reception.



### **Is the Clinic Accessible?**

The Clinic is Accessible and has Disabled Parking Area.

### **Can I bring someone with me whilst I'm getting tested?**

If you need assistance you are welcome to bring a carer.

### **What should I do prior to my appointment?**



Please abstain from consuming any food or drinks for two hours prior to your appointment. Water is acceptable; however, we advise if possible please refrain from drinking water up 30 minutes before testing and have an empty bladder for your appointment.

It is advised that no sporting activity is complete on the day of testing as this can alter your results giving a false reading.

You must also restrict the use of smoking and E-cigarettes 30 minutes before testing.

### **What should I wear to my appointment?**



You will be asked to complete various mobility movements and you will have probes attached just above your ankles and on your wrists so please wear comfortable clothes such as active wear.

You will also be asked to remove your shoes and socks so please ensure you wear footwear that is easily removed

We would advise that you remove all jewellery and piercings for testing.

### **Will my medical condition limit me in completing my assessment?**



Please note that the Bodyscan testing element is not advised for people with epilepsy, electrical devices in or on the body (pacemakers, brain pacemakers, insulin pumps, etc.), have active prostheses (with mobility function) or that are pregnant. Results on the Cardioscan testing scan may be altered due to pacemakers, pregnancy and with certain medications. Please make us aware if you have any medical conditions. All medical details are held in strict confidence in line with GDPR.



### **How long will my appointment take?**

Your appointment is based on a 90 minute time slot. Within this time you will be tested and your results explained to you.

# Vitality Health Check



## CLIENT INFORMATION



### What does the testing entail?



#### **Cholesterol and Glucose Scan**

- A small sample of blood will be taken using a finger prick.
- The blood will be analysed and your results shared with you.



#### **LifestyleScan**

- You will be asked to fill in a health behaviour questionnaire and a mental health questionnaire via
- You will then have your blood pressure recorded, along with your height, waist and hip circumference measurements.



#### **CardioScan**

- You will be asked to remove your shoes and socks.
- Electrodes will be attached to your skin on your wrists and above your ankles.
- Then, you will be asked to remain seated while the machine will testing takes place. Testing is pain free.
- The Electrodes will be easily removed.



#### **BodyScan**

- You will be asked to stand on our body scan machine in your bare feet holding on to the railings. An electric current will then pass through your body and complete your body analysis. You will not feel anything.



#### **MetabolicScan**

- You will be asked to relax in your seat.
- You will then blow into a machine that will determine how active your metabolism is.



#### **Do I get a copy of my results?**

You will be given access to your personal online portal from which you will be able to access your results at any stage.



#### **I have returned home and feel like I need some further explanations on some points?**

As part of your package you have support from our FindOut Clinic Team. You can email us at [info@findout.co.uk](mailto:info@findout.co.uk) or contact us by telephone on 028 9052 0410 with any questions that you have.



#### **Can I get tested again to check my progress?**

We encourage everyone who has been tested to get booked in to get tested again in order to evaluate your results between 12-16 weeks after your initial test. This will highlight how the changes that you have made as a result of your vitality health check have impacted your health and wellbeing.



#### **Can my family and friends get tested?**

Yes. The FindOut Clinic is open to the public for anyone over the age of 16+ To find out more please email [info@findout.co.uk](mailto:info@findout.co.uk) and we can send you the details.

For any more information on your Vitality Health Check please contact us via:

Email: [info@findout.co.uk](mailto:info@findout.co.uk)

Phone: 028 9052 2876

