

## CONGRATULATIONS IN BOOKING YOUR HEALTH ASSESSMENT!

### WHAT YOU NEED TO DO

#### STEP ONE

Complete your online [Health & Lifestyle Quiz](#) – access it [HERE](#).

Please note that it should only take a few minutes to complete the survey- you will need a measuring tape to complete some of the questions and it will be helpful to keep a list ready of any medication/supplements that you are taking. Through answering the quiz questions, you provide us with valuable information regarding the status of your metabolic health.

#### STEP TWO

Obtain your Laboratory results for the following tests:

- Liver functions (ALT, AST and GGT)
- Lipid profile (Total cholesterol, HDL cholesterol, LDL cholesterol and Triglycerides)- FASTING BLOOD SAMPLE
- HbA1c – FASTING BLOOD SAMPLE

How to obtain your test results – you have two options in the UK:

- **Option 1:** NHS results (if available from your GP- must have been performed within the *last three months*).
- **Option 2:** Get tests done through a private laboratory. There are two options available in the UK- both have *Finger Prick Blood Test Kits* available that will be posted to your home address. Collect your sample at home (finger prick, no extra fee) or visit one of their partner clinics to have your samples collected with an added blood collection fee.
  - Medichecks- <https://medichecks.com/>- the following **At-home test kits** cover all the markers needed (**Liver Function Blood Test** + **Cholesterol Blood Test** + **Diabetes (HbA1c) Blood Test**), total price £124 (last accessed 16/02/2024).
  - Blue Horizon <https://bluehorizonbloodtests.co.uk/>- choose **DIY Blood Tests** and select either ‘**Fingerprick Wellwoman**’ or ‘**Fingerprick Wellman**’ option at £79.00 (last accessed 16/02/2024).

*For countries outside the UK, please check with local laboratory test providers.*

#### STEP THREE

Once received, forward your lab test results to: [info@wellnesseq.net](mailto:info@wellnesseq.net).

We will send you the completed **Health Assessment Report** via email and provide you with a Calendly link to book your follow up **Consultation session**.

*Please allow five days for completion of the Assessment after submitting your lab results.*

*It is only through knowing the state of your own health that you will be able to make lifestyle changes to decrease your chances of developing chronic diseases and their complications.*