PREMIUM SCREEN

Advanced Cardiometabolic Health *and Longevity Screening*

Cardiovascular disease and type 2 diabetes do not announce themselves. They build quietly for years, and by the time a symptom or a diagnosis arrives, the most modifiable years have already gone. The Premium screen is built to find that risk while it can still be changed. In a single visit of around twenty minutes we measure the cardiac, metabolic, vascular and fitness systems together, with point-of-care technology rather than a scatter of separate appointments and waiting lists. Every person receives a detailed personal report, their results explained, and a named next step.

€369

PER PERSON · PER SCREEN

BEST FOR

Broad screening across proactive teams.

Non-invasive. Around 20 minutes per person, approximately 25 people per screening day, on site at your premises anywhere in Ireland.

WHAT THE PREMIUM SCREEN MEASURES

Comprehensive cardiometabolic blood panel

Up to 20 cardiometabolic markers from a single sample: lipid and cholesterol fractions, HbA1c, liver and kidney function, inflammatory markers and hormones. The signals that start moving years before any diagnosis.

> Needle-free microsampling draws a laboratory-quality sample from the upper arm by gentle vacuum, with no venous draw. Analysed in an ISO 15189 accredited laboratory.

Cardiorespiratory fitness, VO_2max at rest

A medically validated VO_2max, the single strongest predictor of long-term health and all-cause mortality, and the one number almost nobody has.

> Seismocardiography reads the vibration of the beating heart, returning a validated estimate in under three minutes, seated, with no treadmill and no exertion.

Body composition and blood pressure

Skeletal muscle, body fat, visceral fat and metabolic age measured segment by segment, with a clinical blood pressure reading. Weight and BMI conceal nearly everything that matters.

> Multi-frequency segmental bioimpedance plus clinical-grade blood pressure, read alongside every other finding rather than in isolation.

AI-enabled digital cardiac auscultation

Clinical-grade heart and lung sound, analysed in seconds by validated AI that assists in detecting murmurs, valvular disease and structural heart findings at the point of care.

> A digital stethoscope capturing audio and a simultaneous 3-lead ECG from one device, so sound and rhythm are read together.

Grip strength, muscle and brain health

Grip strength stands in for whole-body strength and is one of the most powerful predictors in medicine. Across 466,000 UK Biobank adults, the weakest fifth carried a 72 per cent higher risk of developing dementia than the strongest.

> A validated hand dynamometer reading taking under a minute, benchmarked against age and sex norms. In the PURE study of 140,000 adults, grip strength predicted death more strongly than systolic blood pressure.

A detailed personal report, medically signed off

Red, Amber and Green risk flags, heart age, metabolic age, VO_2max against peer group and clear personal recommendations, in language a person can act on rather than decode.

> Reviewed and signed off by a registered clinician before release, and built to be compared against next year.

What it can find, years early.

Risk is read across systems rather than test by test, which is how early disease is actually caught. Findings are interpreted together, never returned as isolated numbers.

Early cardiovascular disease
Electrical, valvular and structural cardiac signals picked up years before a symptom or an event.

Insulin resistance and type 2 diabetes
HbA1c read alongside lipid and inflammatory markers, surfacing dysglycaemia while it is still reversible.

Advanced lipid and cholesterol risk
Past total cholesterol to the individual fractions that actually drive cardiovascular risk.

Structural and valvular heart disease
Murmurs and functional abnormality surfaced by AI-assisted auscultation at the point of care.

Reduced fitness and muscle strength
VO_2max and grip strength against peer group. Low grip tracks strongly with later dementia risk.

Advanced health indices
Heart age, metabolic age, visceral fat, inflammatory and organ-function markers in one picture.

A SECURE PLATFORM, NOT A PDF IN AN INBOX

EU-hosted and encrypted. Hosted in the European Union, encrypted in transit and at rest, clinically governed.

A private login per person. Results belong to the individual. No employer ever sees a named result, flag or finding.

Aggregate view for the organisation. Anonymised, aggregated risk and engagement only. No one is ever identified.

NO ONE IS LOST TO FOLLOW-UP

Their own GP. A structured clinical summary sent to their GP, with consent.

Our GP partner. Confidential telehealth review, typically within days.

Our cardiology partner. Expedited referral for any flagged cardiac finding.

FUNDING & COVER Employer-funded annual medical check-ups are exempt from Benefit in Kind under Section 118(5l) TCA 1997 where the check-up is available to all employees, and the cost is generally deductible for corporation tax under the wholly and exclusively rule. Cover for health screening varies by insurer and by plan, so it is worth checking your table of benefits. Where a person funds their own screening, qualifying health expenses may attract relief at the standard rate through Revenue's health expenses claim, formerly the Med 1 form, subject to Revenue's conditions. We issue itemised documentation and receipts after every screening. General information only, not tax advice.

SCREENING DELIVERED BY

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