

THYME

WHOLE HEALTH CHECKS Quick Reference Guide

Whole Health Checks

Thyme’s Whole Health Checks help you better understand your current state of health and how to optimise your well-being long term.

They also give the best chance of early detection of diseases.

Factors such as increased stress, lack of time for physical exercise and unhealthy diet are major contributors to illness. Moreover, lifestyle diseases can remain ‘unseen’ and can harm our body without causing any symptoms.

Whole Health Checks play an important role in screening for these diseases; they identify lifestyle changes to reduce your risk of developing major diseases like cardiovascular disease, cancer, and Type 2 diabetes.

Key				
✓	Service included	POA	Price on application	* Not included. Available through a Custom health check

Pricing	Essential	Core	Custom	
Price per person	£575	£1,675	£POA	<p>Custom allows you to tailor a health check.</p> <p>Certain services are as clinically advised by a Thyme GP.</p>

First appointment In clinic (90mins)	Essential	Core	
Male / female health questionnaire	✓	✓	
Current health concerns	✓	✓	
Blood pressure	✓	✓	
Oxygen saturation	✓	✓	
Urinalysis	✓	✓	
Height, weight, BMI	✓	✓	
Body composition	✓	✓	
ECG	✓	✓	Cardiology review if abnormal.
Cardiovascular risk score	✓	✓	
Hearing test (audiogram)	✓	✓	
Eye check	✓	✓	

Second appointment In clinic (90mins)	Essential	Core	
Full health history & examination	✓	✓	
Cardiovascular system examination	✓	✓	
Respiratory system examination	✓	✓	
Abdominal examination	✓	✓	
General skin examination	✓	✓	
General musculoskeletal examination	✓	✓	
Mental health review	✓	✓	
Lifestyle review	✓	✓	
Secondary care referrals	✓	✓	
Targeted cancer risk physical examination	*	✓	Including smear, breast, testicular, prostate examination – as clinically appropriate.

Blood tests	Essential	Core	
Wellperson blood test <ul style="list-style-type: none"> • Full blood count • Urea Electrolyte Panel • Liver panel • Bone panel • Thyroid panel • Lipid panel • HBA1C (blood glucose) 	✓	✓	
Vitamins <ul style="list-style-type: none"> • Vitamin D • Vitamin B12 (Active) • Folate (Red Cell) 	*	✓	
Ferritin	*	✓	
Tumour markers <ul style="list-style-type: none"> • PSA prostate cancer marker (Men) • CA 125, He4+ROMA ovarian cancer marker (Women) 	*	✓	As clinically advised
Microscopy, Culture and Sensitivity (Urine)	*	✓	
Advanced blood test <ul style="list-style-type: none"> • Iron panel • Vitamin B12 • Folate • Apolipoprotein A1, B • B-Carotene • Thyroid Stimulating Hormone • Free and Total Thyroxine 4 • C-Reactive Protein • Fatty Acids Profile • Magnesium • Selenium • Vitamins A, E • Zinc • Copper (Plasma) • Iodine (Urine) • Creatinine (Urine) • Homocysteine • Coeliac Profile 2 	*	*	

Stool tests	Essential	Core	
GI360 Comprehensive gut health test <ul style="list-style-type: none"> • Microbiome abundance & diversity • Bacteria • Yeasts • Parasites • Viruses • Microscopy • Digestion absorption • Inflammation • Short chain fatty acids • Intestinal health • Gut permeability 	*	✓	Supports analysis of gastrointestinal symptoms, autoimmune disease, joint pain, IBD, IBS, inflammation, food sensitivities, nutritional deficiencies and skin conditions.
Bowel cancer screen	*	✓	Quantitative Faecal Immunochemical Test (QFIT)

Early detection scanning & imaging	Essential	Core	
Early detection scanning <ul style="list-style-type: none"> • CT Cardiac angiogram coronary • CT Angiogram aorta • CT Chest • CT Chest with contrast • Ultrasound Thyroid • Ultrasound Testes • Mole mapping • CT Abdomen • CT Pelvis • DEXA Scan (Bone Densitometry) • CT Colonoscopy • MRI Brain (Head) • MRA Head • MRI Prostate scan • Cardiac MRI • Mammogram 	*	*	Scans and images are reviewed by leading radiologists in the UK. Results will be explained by a Thyme GP. Scans are to be completed as clinically advised by a GP.

Lifestyle	Essential	Core	
Nutritional health assessment (virtual) – 30mins	*	✓	A review of nutritional health to identify how to improve digestive concerns, microbiome imbalances, skin health, energy, fatigue, weight management, insulin resistance, and nutrient deficiencies.
Optional sleep health assessment (virtual) – 30mins	*	✓	As clinically advised – a review of sleep health to improve productivity, energy, and enhance wellbeing through sleep science and chronobiology.
Physical health assessment (in person) – 60mins	*	*	Assessment of movement, muscle endurance, flexibility, muscle mass, aerobic fitness for heart health and overall disease risk reduction including mental health

Personalised report	Essential	Core	
Healthspan report	✓	✓	Your Thyme GP will summarise your current health and recommend next steps to optimise your well-being.
Healthspan report discussion with GP		✓	15min in-clinic or virtual consultation

Price list for individual elements

Preventative testing	Price	
Wellperson blood test	From £157	
Advanced blood test	From £400	Includes tests for iron, vitamin B12, folate, thyroid stimulating hormone, total thyroxine, fatty acids, magnesium, selenium, vitamin A, vitamin E, zinc, copper, iodine, creatinine.
Cardiovascular risk (blood test)	From £105	
Tumour markers (blood test)	From £110	PSA prostate cancer marker (Men), CA 125, He4+ROMA ovarian cancer marker (Women) – as clinically appropriate
Inflammation check (blood test)	From £105	
Vitamins (blood test)	From £105	Vitamin D, vitamin B12 & folate.
Thyroid check (blood test)	From £88.50	As clinically appropriate.
SIBO (Small Intestinal Bacterial Overgrowth) test	From £150	SIBO is a condition where there is an abnormal amount of bacteria in the small intestine, leading to various digestive symptoms such as bloating, abdominal pain, diarrhoea, and malnutrition.
Bowel cancer screen (>40s)	From £50	
Gut health packages (Includes nutritionist consultation)	From £349	These tests can analyse the presence of bacteria, parasites, and inflammation markers in the stool, providing information about the balance of gut microbiome.
Hormone testing (male/female)	From £173	Providing information about hormone imbalances and conditions.
Allergies and Intolerances <ul style="list-style-type: none"> • Allergy Profile 1 (151 foods & inhalants) • Allergy Profile 2 (94 foods) • Allergy Profile 3 (59 inhalants) 	Profile 1 from £420 Profile 2 from £285 Profile 3 from £285	It's important to speak with a healthcare professional to determine the best type of allergy test for your individual needs.
DNA screen	£150	A one-off test which looks at 1,000 genetic areas
Epigenetics test	£250	A repeatable test that tracks your Biological Age vs Chronological Age, Hearing, Eye, Memory and Inflammation Health. Testing intervals as advised by a Thyme GP.

Price list for individual elements (continued)

Early detection scanning & imaging	Price	Scans are completed as clinically advised by a Thyme GP. Prices may vary and will be confirmed when booking. Prices shown exclude a consultation with a Thyme GP to discuss results.
CTCA Cardiac angiogram coronary	From £1,165	Detects blockages in the vessels surrounding the heart
CT Angiogram aorta	From £1,280	Detects aneurysms or blockages in the main blood vessel to the body
CT Chest	From £850	A detailed scan of the organs in the chest including heart, lungs, major vessels and lymph nodes
CT Chest with contrast	From £1,280	Enhanced imaging to define infection of the chest wall and middle of chest cavity
Ultrasound Thyroid	From £395	Defines the structure of the thyroid and detects nodules and cancerous changes
Ultrasound Testes	From £395	Defines the structure of the testes and associated ducts, detects lumps and cancerous changes
Mole mapping	From £395	Extensive imaging of the entirety of the skin, and to identify suspicious lesions
Mole mapping (Executive Screening Package)	From £555	
CT Abdomen	From £850	Detailed scan of the abdominal organs including stomach, pancreas, liver, spleen, kidneys, intestine
CT Pelvis	From £850	Detailed scan of pelvic organs including bladder, prostate, uterus, ovaries
CT Abdomen & Pelvis	From £1,050	Detailed scan of abdominal and pelvic organs
Dexa Scan (Bone Densitometry)	From £270	Measures bone density in hips and spine
CT Colonoscopy Virtual	From £1,165	Detailed scan of the intestine, with contrast. Detects cancerous lesions
CT Colonoscopy	From £1,165	Detailed scan of the intestine, with contrast. Detects cancerous lesions
MRI Brain	From £875	Detailed scan of the brain tissue. Detects trauma, degeneration, changes from stroke and demyelinating diseases like MS
MRA Head	From £1,695	Defines the blood vessels supplying the brain, detects blockages
Cardiac MRI	From £1,695	Defines the heart structure, detects weaknesses in the chamber walls and changes related to heart failure and disease
MRI Prostate scan	From £875	Defines the structure of the prostate, detects enlargement and cancerous changes
Mammogram	From £390	Defines breast tissue and detects cancerous changes

Price list for individual elements (continued)

Lifestyle medicine	Price	
Nutritional health assessment (virtual) – 30mins	£250	A review of nutritional health to identify how to improve digestive concerns, microbiome imbalances, skin health, energy, fatigue, weight management, insulin resistance, and nutrient deficiencies.
Sleep health assessment (virtual) – 30mins	£250	A review of sleep health to improve productivity, energy, and enhance wellbeing through sleep science and chronobiology.
Physical health assessment (in person) – 60mins	£250	Assessment of movement, muscle endurance, flexibility, muscle mass, aerobic fitness for heart health and overall disease risk reduction including mental health. Includes VO2 max.

Genetic testing	Price	You will receive a comprehensive report in your app. Utilise a GP appointment from your allowance to discuss your results.
DNA screen	£150	Looks at 1,000 genetic areas covering: <ul style="list-style-type: none"> • General health (including Caffeine Sensitivity, Genetic Obesity Risk, Genetic Type 2 Diabetes Risk, Genetic Hypertension Risk, Genetic Infection Risk) • Diet (including Sugar Response, Likelihood to Snack, Metabolic Rate, Yoyo Diet Response, Lactose Intolerance Risk) • Physical (including Muscle Stamina, Anaerobic Threshold, Inflammation, Exercise Effect on Weight) • Vitamins and supplement response
Epigenetic analysis	£250	Your genetic makeup is your blueprint at birth, your epigenetics can be changed through your lifestyle. Repeatable epigenetic tracking gives you insights into your Biological Age vs Chronological Age, as well as your Hearing, Eye, Memory and Inflammation Health.

Corporate Health Checks

Did you know, there are financial benefits to offering employees whole health checks*

1. HMRC permit an employer to pay for one health check for each team member per annum and it not count as a benefit in kind for the employee
2. It also counts as tax deductible for the employer

** Thyme are not tax specialists, and every company will want to take their own specialist advice*

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