



Your best pro-active choice for your health.

AT-A-GLANCE

Our best assessment.

- Canada's most comprehensive executive health assessment.
- Fully integrated medical, health and fitness assessments.
- All conveniently located in our downtown Vancouver private healthcare facility.

Our Platinum Executive Medical Appraisal provides you with assessment capabilities from the each of the following healthcare specialties for one price and all conveniently in our downtown facility.

In addition to the standard appraisal components of the silver and gold assessments offered, we enhance our medical management with added medical screening components. Not only does CITAHEALTH further assess the physical and mental well being of its clients, but also implements the preventative and rehabilitative expertise to manage our clients' health.

Your health is completely assessed with this state-of-the-art appraisal.

Computerized disease and health risk assessment covering 12 cancers, 4 chronic diseases and mental wellness, combined Corporate Health Risk Appraisal software enables us to provide our clients with a full concise & personalized, yet confidential, snapshot of their health.

Our large range of services undertaken in this assessment will take care of your health for the future.

Your health is managed by some of the best medical, health and fitness experts in Canada.

A long list to ensure a longer life.

- Complete history & medical examination
- Fitness evaluation
- Sleep disorder screening (Respiratory Therapy)
- Personal fitness training (1 month - 3 sessions exercise program)
- Nutrition assessment with our Naturopath
- Quality of life counselling
- Cancer risk evaluation
- Stress level measuring with recommendations for well-being
- Stress electrocardiogram
- Resting electrocardiogram
- Bloodwork including:
 - CHOL/HDL/LDL ratio, glucose, tryglycerides, cardiac CRP, Apo protein B, TSH, ferritin, & haematology
- PSA (prostate cancer - males)
- Audiometry (hearing test)
- Titmus & Ishihara (vision test)
- Spirometry (pulmonary function test)
- Tonometry (glucoma screening)
- Gynaecological examination + PAP smear test
- Screening for faecal occult blood
- Abdominal ultrasound
- Basic immunization: D2T5, polio, & MMR
- Follow-up for blood lipids/cardiac risk factors
- Letter from Kinesiologist/booklet
- Letter from MD/booklet
- Feedback visit/booklet

Feel safe, healthy, and secure with the Platinum Appraisal.

Your confidentiality is guaranteed.