



The One5 Health Women's Health Review - what is included?

Initial GP Consultation

- Medical GP Consultation
- Medical Systems Review (Gynaecology, Gastrointestinal, Sexual & Cardiorespiratory Health)
- Medication and Supplementation Review
- Family and Genetic History Review
- Complete Lifestyle Assessment

GP Physical Assessment

- Blood Pressure Check
- GP Cardiac Examination
- Heart Rate and Rhythm Assessment
- GP Respiratory Examination
- Oxygen Saturation Analysis
- Pelvic, Breast, Neurological and Abdominal Examinations as required
- Urine Analysis as required

InBody Bioelectrical Impedance Scan

- Height, Weight and BMI Measurement
- Body Fat Mass and Body Fat Percentage Calculation
- Visceral Fat Analysis
- Lean Muscle Mass Analysis
- Basal Metabolic Rate (BMR) Calculation