



# The One5 Health Men's Health Review - what is included?

## Initial GP Consultation

- Medical GP Consultation
- Medical Systems Review (Gastrointestinal, urinary, 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
- Neurological, Abdominal, and Prostate, Testicular 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