

MINT



COMPREHENSIVE HEALTH CHECK

Welcome to MINT Clinic

MINT Clinic is the ultimate destination for Health Checks. Within a stunning, non-clinical environment, our highly experienced Integrative Doctors and Nurses identify and treat the root cause of symptoms. We spend less time writing scripts and referrals and more time creating customized treatment plans.

Overview

MINT Clinic offers comprehensive, customized Health Checks. The purpose of a Health Check is to provide risk assessment, occasionally a diagnosis and prevention of disease. A Health Check does not include treatment.

Objective

What is the Comprehensive Health Check trying to achieve?

The Comprehensive Health Check covers evidence based biomarkers to assess one's risk of:

- Metabolic disease, in particular the risk of diabetes
- Heart disease
- Thyroid disease

A Health Check identifies very early markers of disease. On the basis of these tests, we make specific actionable recommendations in order to reduce one's risk of chronic disease. These recommendations mainly encompass lifestyle advice with regards to sleep, nutrition and movement, as well as specific supplement recommendations and/or pharmacological treatment.

Occasionally, abnormal results require further investigation to clarify the cause and significance of these results. This assessment is meant to be repeated and monitored on a regular basis. The frequency ranges from every three months to every five years, depending on individual goals and preferences.

Of note, these tests do not screen for cancer nor assess the risk of developing cancer. Cancer screening requires specific imaging and we recommended following the Australian guidelines for this. This will include cervical screening, mammogram, bowel cancer screening and bone density scans.

Features

30 min Initial appointment with a MINT Doctor including:

- Physical examination and review of medical history
- Referral for Medicare funded offsite blood tests which includes the following:
 - Diabetes and pre-diabetes
 - Basic cholesterol markers
 - Kidney function
 - Liver function
 - Full blood count
 - Iron status
 - Basic Thyroid screen
 - +/- Prostate health
- Referral for bone scan, stool test, cervical screen and mammogram (if applicable)

Thorough health assessment with a MINT nurse, including:

- Vital signs - blood pressure, O2 Sats, respiratory rate, height, weight, waist circumference
- Bioimpedance Analysis - measuring body fat distribution and muscle mass
- Baseline ECG
- Urine test
- Pathology (blood tests)

30 min Review appointment with a MINT Doctor

Your doctor will discuss test results and recommend a customized treatment plan.

Fee

Comprehensive Health Check: \$675

ADDITIONAL FEES

Non-Medicare funded pathology (if required or requested)

Additional tests as recommended by your doctor

Further information

MINT Clinic

Suite 3, 255 Wellington Street, Collingwood

Web: mintclinic.com.au

Email: reception@mintclinic.com.au

Phone: 8689 3823