



Executive Health Check Advice Beforehand

Please review the below carefully to minimise the likelihood of delays and increased costs associated with retesting where same is required.

1. Identification

- a. Please ensure to bring valid, in date, government photo identification. E.g. passport.

2. Arrive with a full bladder to your appointment. You will be required to give at least one urine sample.

If you are attending for a "Health Check Extended" please be aware of the following;

3. Audiometry

- a. You will be booked to have a hearing test please avoid loud noise for 16 hours before hand.
- b. Please also ensure that your ears are free from wax.

4. Fitness test

- a. You will be required to complete a fitness test.
- b. Please wear comfortable and loose clothing.
- c. Please wear shoes with good grip and flexibility.
- d. Please do not eat, smoke nor drink coffee nor tea for 2 hours before the test.
- e. Avoid heavy exercise 24 hours before the test.
- f. It is required to be in general good health before a fitness test.

5. Glasses

- a. Please bring all types of glasses worn to improve vision.