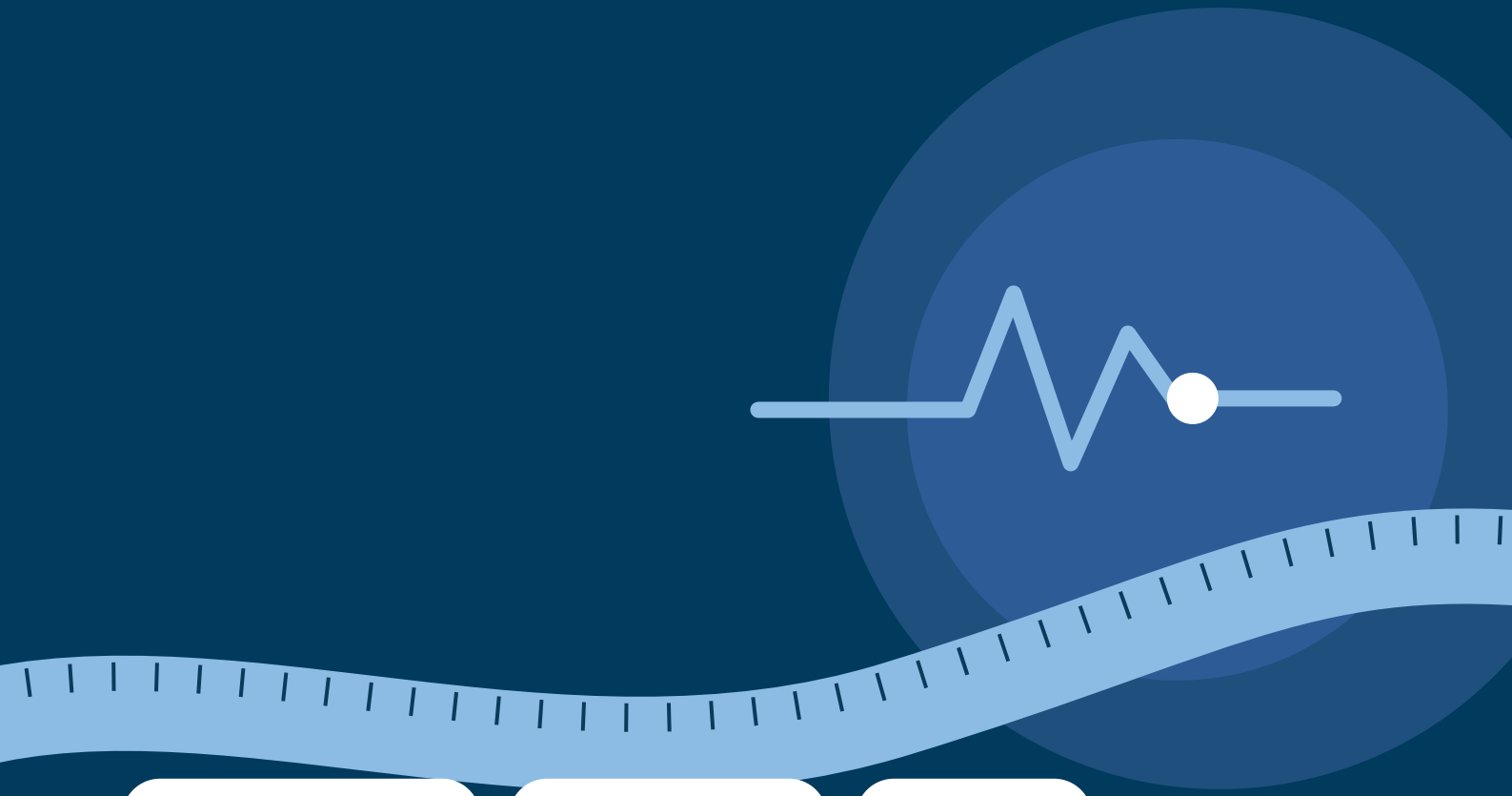
SCVC | Surrey Cardiovascular Clinic

Proactive Health Screening

DESIGNED AROUND YOU · FREE PRE-CONSULTATION

Find it early. A personal screen for your **heart**, your **metabolism** and your **cancer risk**: designed with a consultant, around you, to protect your healthspan.



Free pre-consultation | **3 personal options** | **Tax-efficient**

ABOUT PROACTIVE HEALTH SCREENING

Find it early. Protect your healthspan.

Healthspan is the number of years you live in good health, not just the number of years you live. Many of the conditions that shorten it, including **heart and artery disease**, **insulin resistance and type 2 diabetes**, and **cancer**, build quietly for years, often with no symptoms at all.

A proactive health screen looks for them while there is still time to act. It goes further than a standard check: it can measure **visceral fat**, **insulin resistance**, **plaque in your arteries** and early **cancer signals**, so you can see your risks clearly and do something about them.

Your screen is designed around you. It is not a fixed menu. We start with a free pre-consultation, a consultant reviews your history, goals and concerns, and we build options to suit you.

Who it may suit

- Adults who feel well and want to stay that way
- People with a family history of heart disease, diabetes or cancer
- People with a past history of raised blood pressure, raised cholesterol, a heart attack, stents or bypass surgery, or cancer, provided there are no ongoing or new symptoms of concern
- Company directors and employees looking for a tax-efficient annual health check

Troublesome, persistent or worrying symptoms?
Tell us first. They need a consultation rather than a screen, and our team will arrange it.

OUR THREE ASSURANCES

Built around you
Three personal options, from a free pre-consultation

Consultant-reviewed
A consultant reviews your history before anything is recommended

Clear from the start
Your personal quotation is in front of you before you decide

No screening test is perfect, and results vary. We explain what each test can and cannot tell you, so you can decide what is right for you.

YOUR JOURNEY AT A GLANCE

1. **Enquire** — online or by phone
2. **Free pre-consultation** — a consultant reviews your answers
3. **Your 3 options** — with a personal quotation
4. **Choose & book** — our online tool, or by phone
5. **Results & plan** — reviewed with you

a patient care coordinator is there to help at every step

HOW IT WORKS

From enquiry to your personal screen

1

Make an enquiry

Complete our short online pre-consultation form (5 to 10 minutes), or ask a patient care coordinator to complete it with you by phone. It is free, private and secure.

2

Your free pre-consultation

A consultant reviews your answers: your history, your goals, your family history and any concerns. If you have symptoms that need attention, we tell you and arrange a consultation instead.

3

Your personal options

We send you the consultant's advice and usually **three options in three price bands**, with a quotation for each and a letter that explains the choices.

4

Choose and adjust

Open your options in our online tool. Compare them, add or remove tests and watch the price update. If it feels like a lot to take in, ask the AI guide, or call your coordinator.

5

Book and review

Tell us your choice and we arrange your appointments. We go through your results with you, explain what they mean and agree the next steps.



The free pre-consultation

This is where your screen is designed. There is no charge for the consultant's review or your quotation, and you decide what, if anything, to go ahead with.

TWO WAYS TO ENQUIRE

Online form

5 to 10 minutes. A consultant reviews your answers and we send you their advice and a quotation.

Call a patient care coordinator

10 to 20 minutes. You choose a one-hour window and our team will call you during it and complete the form with you.

WHAT YOU RECEIVE

- **A personal letter** explaining each option and how they compare
- **A quotation** for every option
- **An options file** to open in our online tool



Not sure where to start? That is what the free pre-consultation is for. Tell us what matters to you and a consultant will recommend what makes sense, with a patient care coordinator to guide you.

YOUR TOOLS AND YOUR TEAM

An online tool, an AI guide and real people

Build your screen: our online tool

Open your options and make the screen your own, on your phone or computer.

- See your options side by side
- Add or remove tests, with the price updating as you go
- Read a plain-English "?" explanation of every test
- Save your form, come back later, and send us your choice

Ask the AI guide

Choosing a health screen can feel like a lot to take in. The AI guide builds a private briefing from your options and prices, plus, if you choose, your sex, age, ethnic background and risk factors. It copies it into your own **ChatGPT, Claude or Gemini**, and you can ask it specific questions: what each test shows, how the options differ and what fits your budget.

Private to you | No name or contact details | Many languages | SCVC does not see it

Patient care coordinators: real people at every step

- Complete your form with you by phone
- Answer your questions as they come up
- Help you build and adjust your screen
- Arrange your appointments

Call 01483 467100

Our test guide: every test, and why it is worth testing

Browse every test you can add to your screen, by group, with a plain-English reason why each one might be worth doing.

Blood tests | Heart tests | Metabolic & body composition | Cancer screening & imaging | DNA tests

www.scvc.co.uk/health-screening-at-surrey-cardiovascular-clinic/

BEING STRAIGHT WITH YOU

The AI guide gives **general information**, can make mistakes and is **not medical advice**. Your consultant's advice always comes first.

If you have chest pain, new or worsening breathlessness, fainting, or frequent or prolonged palpitations, speak to us or your GP before choosing tests, and call 999 in an emergency.

WHAT WE SCREEN

Looking for what shortens healthspan

Your screen can cover three areas. Every test is explained in plain English before you decide.

Cardiometabolic health

Insulin resistance, visceral fat, blood sugar and cholesterol: the foundations of long-term health.

HbA1c, glucose and insulin
How your body handles sugar, and early insulin resistance

14-day continuous glucose monitor (CGM)
How your own meals affect your glucose

Low-dose CT visceral fat (VAT) assessment
The fat around your organs, which BMI cannot show

DEXA body composition scan
Muscle, fat and bone

Cardiometabolic blood panel, ApoB and Lipoprotein (a)
Cholesterol particles and inherited risk

DNA tests: nutrigenomics and pharmacogenetics
How your genes influence your nutrition needs, and how you process some medicines

Coronary and heart disease

Your heart's rhythm, structure and arteries: from simple tests to advanced imaging.

12-lead ECG and exercise (stress) ECG
Heart rhythm, and how your heart copes with effort

Screening echocardiogram
Heart structure and pumping function

7-day and 2-week heart monitors
Rhythm problems that come and go

CT calcium score
Calcified plaque in the heart arteries

CT coronary angiogram, with FAI analysis
A direct look at the arteries and the inflammation around them

Cancer screening

Early detection for cancers where screening can make a difference.

Galleri® multi-cancer blood test
One blood sample looks for signals shared by more than 50 types of cancer

PSA blood test and MRI Prostagram
Prostate screening for men

Low-dose lung CT
For people at higher risk of lung cancer

Breast screening imaging
For women

> **About Galleri®.** It does not replace routine NHS screening. "No cancer signal" does not rule out cancer, and a signal needs further tests. Appointments to explain a positive result are not included; optional cover is available.

> **About CT scans.** They use X-rays and go ahead on a medical referral, when your consultant judges them justified. A calcium score is less helpful in women under 60 and men under 50, so your consultant may advise a different first test.

HOW THIS FITS WITH THE NHS

Supplementing NHS screening

Our screens are designed to **supplement existing NHS cancer screening**, such as breast, bowel and **abdominal aortic aneurysm (AAA)** screening. We give you the information you need for **informed access to sophisticated prostate and Galleri® cancer testing**. Please keep taking up your NHS invitations.

An alternative for heart risk

NHS population screening estimates cardiovascular risk with a score called **QRISK**. Our **CT-based tests and blood analysis** look directly at your own arteries and blood, so they can be considered an alternative to that population-based approach.

OUR PACKAGES

Packages by name, or build your own

Six areas, three levels. Each level goes deeper than the one before. Your consultant starts with the package that suits you, then adds or removes tests until it is right.

AREA	ESSENTIAL	ELITE	ULTRA
Proactive Health Our flagship whole-body screen: heart and metabolic checks, with imaging and cancer screening at the top level	Proactive Health — Essential	Proactive Health — Elite	Proactive Health — Ultra
Heart Health Cardiovascular screening built around ECG, cholesterol and, at higher levels, cardiac imaging	Essential Heart	Elite Heart	Ultra Heart
Metabolic Health How your body handles glucose and where it stores fat: the foundations of long-term health	Essential Metabolic	Elite Metabolic	Ultra Metabolic
Men's Health Prostate and heart screening in a single visit, with imaging added as you go up	Essential Bloods & PSA Check	Bloods, PSA & Visceral Fat Scan	Bloods, PSA, Visceral Fat Scan & Prostate MRI
Women's Health Hormone, cardiovascular and metabolic screening, including bone health around the menopause	Essential Woman	Elite Woman	Ultra Woman
Young & Proactive Early cardiometabolic risk checks for younger patients: build good foundations before problems start	Young & Proactive — Essential	Young & Proactive — Elite	Young & Proactive — Ultra

WHAT THE LEVELS ADD

Essential
The foundations: measurements, bloods and an ECG, with a clear written report.

Elite
Deeper testing, such as an exercise ECG, echocardiogram, DEXA or a visceral fat CT.

Ultra
The most advanced options for the area, such as CT coronary angiogram with FAI, prostate MRI or Galleri®.

Your own screen, from scratch

A package is a starting point. Add the Galleri® test, a continuous glucose monitor, a visceral fat CT, a DEXA scan or a DNA test to any of them, or build your screen test by test.

- Add or swap tests at any level: see them all at www.scvc.co.uk/health-screening-at-surrey-cardiovascular-clinic/
- Packages are "from" prices; your quotation shows what is included and the final price

THE ANNUAL HEALTH CHECK

A tax-efficient way to look after your health

For company directors and employees. An annual health check paid for by your company may be more tax-efficient than paying yourself. Under HMRC's rules, it can include one appointment a year for a wellness "consultation and examination", and then screening tests, as long as these are "preventative".

- Employer-funded health screening may qualify for exemption from Benefit in Kind taxation under section 320B of the Income Tax (Earnings and Pensions) Act 2003
- HMRC guidance provides an exemption for up to **one qualifying health-screening assessment and one qualifying medical check-up per employee in each tax year**, subject to the statutory conditions

Worth knowing

Medical treatment, and investigations connected with treatment, are not covered by this exemption.

This is general information, not tax advice. Whether you qualify is **best checked with your HR team and your accountant**. Ask us for your personal quotation to share with them.

scvc.co.uk/diagnostic-health-screening/annual-health-screen-benefits/

GET STARTED

Design your very own Proactive Health Screen

Start with an enquiry and a **free pre-consultation**. A consultant will review your answers and we will send you your personal options and quotation.

Enquire online
Complete the free pre-consultation form in 5 to 10 minutes
scvc.co.uk/pre-consultation-and-triage/

Speak to a coordinator
A patient care coordinator will complete the form with you
01483 467100

Email us
Tell us what you are looking for and we will take it from there
enquiries@scvc.co.uk

Call 01483 467100 **Visit** scvc.co.uk/health-screening-at-surrey-cardiovascular-clinic/ **Find us** 5 Huxley Road, Guildford GU2 7RE

Our screens are designed to supplement NHS cancer screening such as breast, bowel and abdominal aortic aneurysm (AAA) screening, not to replace it. Screening cannot guarantee that a condition will be found or excluded. CT scans use X-rays and are performed on medical referral when justified. The tax information is general guidance and not tax advice. Package prices are "from" prices; the final price is confirmed in your quotation. Information correct at November 2026.