HEALTH SCREENING

Onhealth Vital Test

Our most comprehensive blood test for general health.


Select a health screening package


Take a sample


View your results

Did you know:

- 7.6 million people in the UK are living with heart and circulatory diseases
- Liver disease is the third leading cause of premature death in the UK, and 90% of cases are preventable through early intervention
- Around 3 million people in the UK have Chronic Kidney Disease

Why take The Onhealth Vital Test?

Being aware of your general health is essential to maintaining a balanced lifestyle and improving your overall wellbeing. This comprehensive blood test will measure the health and functions of vital organs, such as your heart, liver, and kidneys, and provide much needed insights into how to take care of your body.

This detailed blood test will analyse your:

- Production of red and white blood cells
- Cardiovascular functions
- Kidney and Liver functions
- Thyroid functions and metabolism
- Vitamin and Mineral levels

The quick and easy home blood test kit will be sent to your address for you to provide the sample and send it back to our associated laboratory using the **free-post packaging** provided. Our specialists will then analyse your blood and provide you with the results within two days of receipt.

It is recommended to take this test first thing in the morning, within 3 hours of waking and before food as certain markers will change throughout the day.

This blood test looks at the following biometric markers:

Blood Markers

- **White Blood Cell Count (WBC)** – White blood cells are an important part of the body's immune system and help fight infection. WBC is a count of the actual number of white blood cells per volume of blood. Low levels can indicate a weakness in your immune system.
- **Red Blood Cell (RBC)** – The red blood cell test is a measure of the number of red cells in the blood. Red

blood cells transport oxygen from the lungs to cells throughout the body. If your RBC is low your body is unlikely to be getting the oxygen it needs and which could be caused by nutritional deficiencies.
- Haemoglobin – The primary function of haemoglobin is to carry oxygen to cells throughout the body and return carbon dioxide back to the lungs. Improving your haemoglobin can help to improve your organ and tissue functions and increase your overall energy levels.
- Haematocrit (HCT) – HCT measures the volume of space in blood which is made up of red blood cells. HCT is routinely measured as part of a full blood count and is often used to check for anaemia.

Cardiovascular Markers

- Triglycerides – the body's main form of fat. It is important for maintaining energy and provides the fuel for muscles to work. High levels can increase your risk of heart disease.
- Total Cholesterol – can be used to assess the risk of cardiovascular disease. Measurement is calculated using different cholesterol components known as HDL, LDL, and triglycerides.
- LDL – Low-Density Lipoprotein carries cholesterol from your liver to tissues and organs around your body. If your body has more cholesterol than it needs, it can build up on the artery walls. LDL is therefore known as "bad cholesterol".
- HDL – High-Density Lipoprotein is known as "good cholesterol" as it picks up excess cholesterol in your blood and transports it to your liver for removal. The higher your levels of HDL, the lower the risk of developing heart disease.
- HDL % of Total Cholesterol – This is a measurement of the HDL as a proportion of total cholesterol.

Kidney Markers

- Uric Acid – Uric acid, also known as urate, is produced when the body breaks down certain foods and during the natural breakdown of cells. High levels of uric acid can cause gout kidney stones.
- Urea – is a waste product which is produced by the liver when protein is metabolised and is removed by the kidneys. Together with creatinine a urea test is used to evaluate kidney function.
- eGFR – is a calculation based on your creatinine levels and is used to evaluate how well your kidneys are working.
- Creatinine – is a waste product which is produced by the muscles during the breakdown of creatine. As it is removed from the body by the kidneys, a creatinine test is a good indication of how well the kidneys are functioning.

Liver Functions

- Total Protein – Total protein is essentially a measurement of the two types of proteins within the blood plasma: albumin and globulin. Protein is important to the growth and development of cells and tissues.
- Globulin – Globulin is a group of proteins that is made by the liver and the immune system. Certain globulins bind with haemoglobin while others transport metals, such as iron, in the blood and help fight infection.
- Gamma GT – Gamma GT (GGT) is an enzyme which is predominantly found in the liver. GGT helps to transfer amino acids across the cell membrane and plays an important role in helping the liver metabolise toxins.
- Alkaline Phosphatase (ALP) – ALP is an enzyme found in high levels in the bone and liver. It is a routine test performed as part of a series of liver function tests to see how well your liver is functioning or to check the health of your bones.
- Albumin – is a protein which is made in the liver. It has many roles including the transporting of key

molecules such as testosterone and calcium throughout the blood. The amount of albumin in the blood is directly associated with liver function and nutritional health. It is also used as a marker in the assessment of bone health.

- Alanine Animotransferase (ALT) – ALT is an enzyme found mainly in the liver, although it is also present in small amounts in the kidneys, heart, muscles, and pancreas.

Metabolic Markers

- Thyroid Stimulating Hormone (TSH) – the role of TSH is to regulate the production of hormones (T3 and T4) by the thyroid gland. Thyroid hormones help to control the rate at which your body converts food into energy. Thyroid imbalance can lead to problems with weight, energy, and mood.
- Thyroxine (T4) – T4 is one of the main thyroid hormones (the other being T3) which is released into the bloodstream by the thyroid gland. Thyroid hormones have a role to play in a wide range of the body's functions, including the maintenance of healthy bones, muscle control as well as brain development, heart, and digestive functions. A thyroxine test is used to check that the thyroid is functioning properly. Problems with the thyroid function are more common in women.
- Triiodothyronine (T3) – T3 is the active form of Thyroxine (T4). Thyroid hormones play an important role in many of the body's functions including helping to regulate the body's metabolism and muscle control.
- HbA1c – this provides an average reading of your blood sugar levels over a period of 2-3 months. It is therefore a better indicator of pre-diabetes than a fasting glucose test which measures the level of glucose in your blood at a single point in time. High levels put you more at risk of gaining weight, high blood pressure, heart disease and diabetes.

Vitamin and Mineral Markers

- Active B12 – B12, together with folate, is part of the B group of complex vitamins. They are not produced by the body so have to be absorbed through diet. B12 is required for the formation of red blood cells and also has a role to play in nerve health.
- Vitamin D (25 OH) – helps to regulate calcium and phosphate in the body which is essential for the development of healthy bones. It therefore plays an essential role in preserving bone health but has also been linked to many other aspects of health including our immune system, muscle function, energy levels and the reduction of inflammation. Unfortunately, due to the UK weather, many people have low levels particularly during the winter months.