

How Your Blood Test Works



Select a health screening package



Take a sample



View your results

Onhealth's fully accredited, associated laboratories handle all of the blood tests for our health screening services.

The experienced teams of medical and scientific experts will help you to:

- **DISCOVER your individual needs** – Whether you just want to improve your health, or have a more specific goal in mind, our blood tests give you insights on the micro level.
- **LEARN how your body works** – The more you know about your body, the easier it is to make adjustments to your diet and lifestyle to improve your health.
- **TRACK the progress of your test** – You will have your own personal dashboard in the associated lab's online portal to track the progress of your test and view the results when the analysis is complete.
- **OPTIMISE your lifestyle** – Our overall goal is to offer scientific solutions to your lifestyle needs. When you have your blood test results, you can choose to share them with Onhealth for us to offer advice on what to do next.

So how does it all work?

Our Associated Laboratories and the Online Portal

By purchasing one of our customised health screening tests, you will receive an email confirmation and login details for one of our associated lab's online client portal. Follow the link in the email to get your account set up and to view your personalised dashboard. Once logged in, you will be able to track each stage of the test process, from the Home Test Kit being dispatched, to the final results.

Taking Samples for Analysis

We encourage all of our clients to take time to read the information provided with the Home Test Kits. This will explain the optimum time to take the test and provide guidance on how to go about collecting the sample, packaging it up securely, and returning the sample to the lab for analysis using the free-post packaging provided.

Viewing Your Results

The blood test results will be posted directly to your personalised dashboard in the online portal for you to view at your convenience. You also have the option to download the results as a PDF document or Excel spreadsheet.

Giving Onhealth Permission to View Your Results

We take data protection very seriously and our associated laboratory will only allow Onhealth to view your results with your express permission. For most of the tests we offer, it is entirely at your discretion if you wish for Onhealth to view the results in order to provide further advice.

However, if you are registered on our [Weight Management Programme](#), it is essential that you allow Onhealth to view the blood test results to enable us to use the results in conjunction with our clinical analysis to prepare your 12-week plan.