



SHINING A LIGHT ON YOUR HEALTH

LUMEN
17 HARLEY STREET LONDON

"From the time of our first conversation to the moment I was given my test results, I was treated with kindness, respect, and reassurance from both Doctor Savin and the health team. I would not hesitate to recommend the professional service that is supplied by this organisation and as a self-funding patient every penny paid was money well spent putting my mind at rest."

Private client's Doctify review.

ADVANCED
HEALTH
ASSESSMENTS



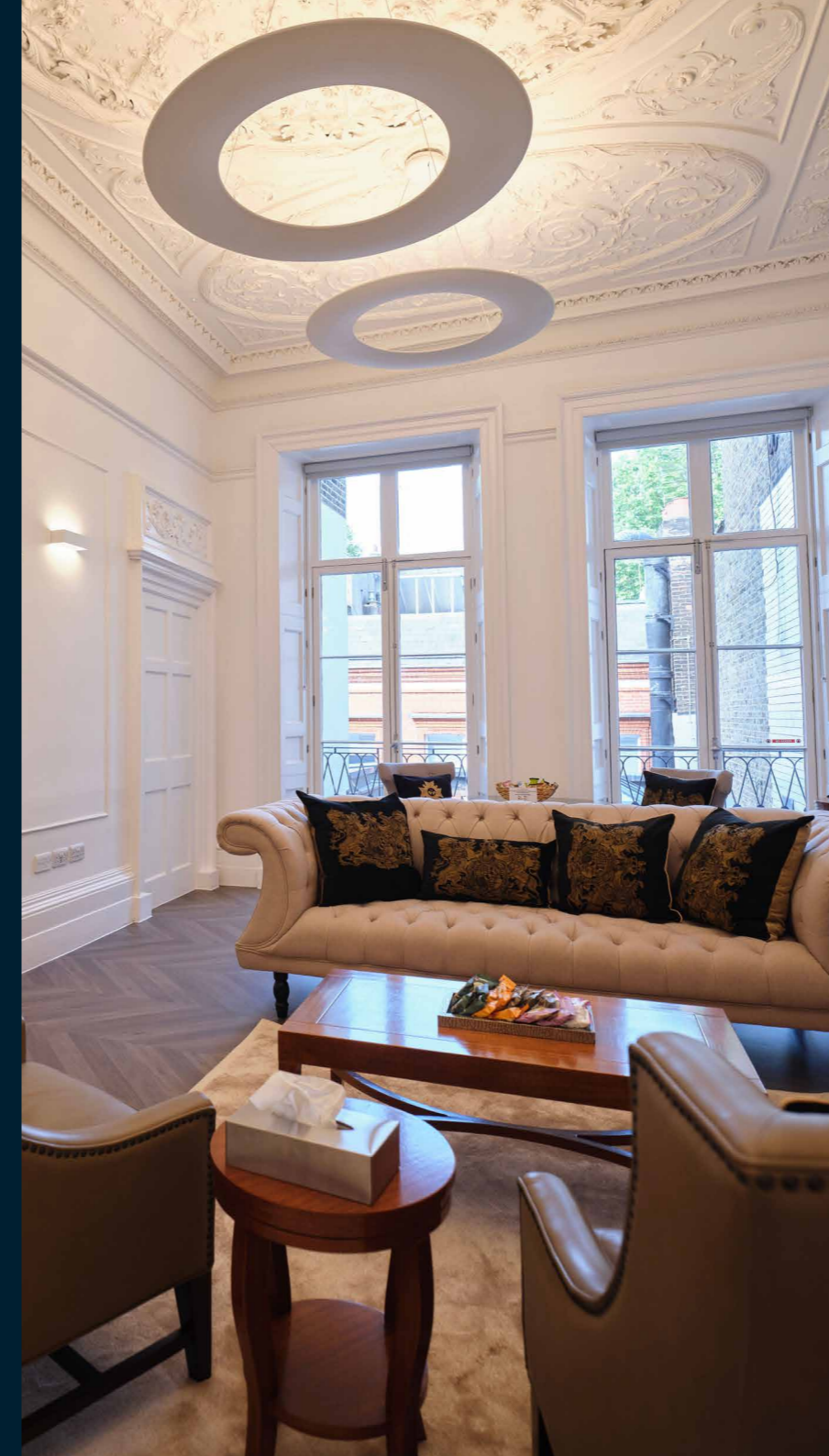


ABOUT US

Situated in the heart of London's medical district, Lumen, part of UME Health, is a centre of excellence for advanced health assessments and preventative medicine. We combine medical experts, state-of-the-art facilities, and a personalised approach to shine a light on your health and give you a greater understanding of the actions require to maintain optimal health and wellness.

OUR MEDICAL EXPERTS

Our advanced health assessments are led by Dr Garry Savin, one of the most experienced doctors within the field of health assessments, with over 30 years of experience and more than 20,000 health assessments performed. Dr Savin is highly regarded for his clinical expertise and unparalleled client service, consistently achieving five-star ratings on Doctify.



OUR STATE-OF-THE-ART FACILITIES

Our health assessments are performed at our flagship Harley Street Medical Centre, which has been recently refurbished to an extremely high standard. We use world-leading technology including the Phillips Ingenia Elition 3T MRI Scanner and GE Revolution CT Scanner which provide superior high-resolution scanning imaging quality, providing our specialists with access to all the information required for consulting.

OUR PERSONAL APPROACH

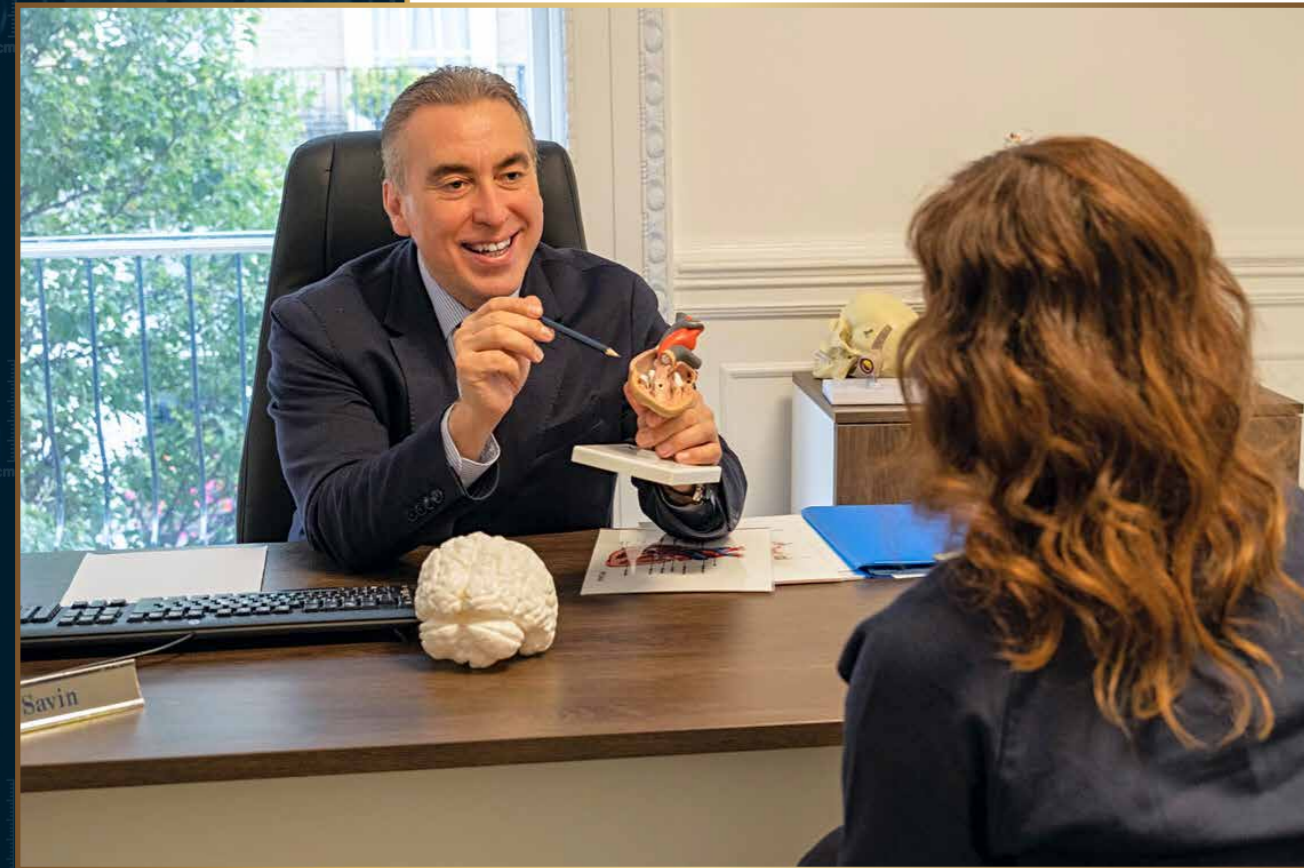
The combination of an experienced team with world-leading technology means we can offer our clients highly personalized health assessments. Our assessments include a detailed report and run through of all results, significant findings, and a management plan to help clients lead healthier, fitter, and more fulfilling lives.

LUMEN ONE ADVANCED HEALTH ASSESSMENT

A very comprehensive entry level health assessment suggested for those aged 35 and over who want a core health assessment.

£3,700

Duration: Up to 4 hours



LUMEN ONE CONSULTATION (approx. 50 mins)

- Personal 1:1 consultation with Dr. Savin/Lumen Doctor
- Detailed lifestyle discussion and analysis of risk factors
- Occupation and psychological health analysis
- Family history
- Previous medical and surgical history
- Current concerns
- Cardiovascular risk analysis
- Sleep disorder questionnaires
- Female health questionnaire
- Male health questionnaire including prostate symptoms

LUMEN ONE PHYSICAL EXAMINATION WITH DOCTOR

- General physical examination
- Cardiovascular system examination
- Respiratory system examination
- Abdominal examination
- Hernia examination
- General skin examination
- General musculoskeletal examination
- Ears/throat general examination
- Breast examination (females)
- Pelvic examination (if clinically indicated) females
- Cervical smear test (if clinically indicated) females
- Testicular examination (males)
- Prostate examination (males)
- Rectal examination (50+ or if clinically indicated)

LUMEN ONE PHYSIOLOGICAL TESTS

Observations:

- Height, weight, body mass index
- Pulse, blood pressure
- Temperature, oxygen saturation
- Urinalysis – 5 measurements

Body composition analysis - highly detailed including:

- Skeletal muscle mass - total

- Muscle mass in each limb
- Body fat - total
- Percentage body fat
- Visceral fat analysis-score - visceral fat area
- Optimum calculated target weight
- Biological age based on body composition
- Body composition score /100
- Trend analysis

Cardiology tests:

- Resting ECG

Blood tests: (Around 50 separate tests)

- Full haematology profile (full blood count)
- 5 part white cell differential
- Erythrocyte sedimentation rate (ESR)

Full biochemistry profile:

- Electrolytes
- Kidney function.
- Uric acid
- Corrected calcium
- Phosphate
- Fasting Glucose
- Liver function
- Iron indices including ferritin

Blood fats:

- Total cholesterol level
- HDL cholesterol
- LDL cholesterol
- Cholesterol/HDL ratio
- Triglycerides

- Thyroid function
- HSCRIP
- Vitamin D
- Prostate specific antigen (PSA) males only
- SARS Coronavirus 2 COVID19 antibody test
- QFIT test (50+ age group if clinically indicated)

SCANS - MRI SCANS (x-ray free) Phillips 3T scanner

- Brain
- Major blood vessels inside head (Brain MRA)
- Carotid arteries
- Central arteries of abdomen and pelvis (aorta, renal arteries)
- Abdominal organs, liver, spleen, pancreas, kidneys, gallbladder
- Pelvic organs - bladder, womb and ovaries in females, prostate in males
- Immersive audiovisual MRI experience for client comfort

MAMMOGRAM (if clinically indicated at additional cost)

- If clinically indicated, this can be pre-booked to be performed on the same day or after the health assessment at an additional cost (performed at a dedicated breast centre very close to Lumen, Harley Street)

POST VISIT FOLLOW UP CONSULTATION WITH DR SAVIN/ LUMEN DOCTOR (up to 30 mins)

- A detailed verbal run through of all results and important significant findings and management plan either by phone or remote consult after the health assessment. The doctor will answer any questions you may have
- Comprehensive personalised user- friendly health assessment report within 10 working days
- CD of all MRI images to keep for future reference
- Specialist ongoing referral if indicated as part of our service

LUMEN TWO - MRI +ULTRASOUND ADVANCED HEALTH ASSESSMENT

This is our main Advanced Health Assessment and is suggested for those aged 35 and over who would like a highly comprehensive assessment of their current health and lifestyle.

£5,800

Duration: Up to 7 hours



LUMEN TWO CONSULTATION (approx. 50 mins)

- Personal 1:1 consultation with Dr. Savin/Lumen Doctor
- Detailed lifestyle discussion and analysis of risk factors
- Occupation and psychological health analysis
- Family history
- Previous medical and surgical history
- Current concerns
- Cardiovascular risk analysis
- Sleep disorder questionnaires
- Female health questionnaire
- Male health questionnaire including prostate symptoms
- Screening history

LUMEN TWO PHYSICAL EXAMINATION WITH DOCTOR

- General examination
- Cardiovascular system examination
- Respiratory system examination
- Abdominal examination
- Hernia examination
- General skin examination
- General musculoskeletal examination
- Ears and throat general examination
- Breast examination (females)
- Pelvic examination (if clinically indicated) females
- Cervical smear test (if clinically indicated) females
- Testicular examination (males)
- Prostate examination (males)
- Rectal examination (50+ or if clinically indicated)

LUMEN TWO PHYSIOLOGICAL TESTS

Observations:

- Height, weight, body mass index
- Pulse, blood pressure
- Temperature, oxygen saturation
- Urinalysis - 5 measurements

Body composition analysis - Highly detailed including:

- Skeletal muscle mass- total
- Muscle mass in each limb
- Body fat - total
- Percentage body fat
- Visceral fat analysis - visceral fat score - visceral fat area
- Optimum calculated target weight

- Biological age based on body composition
- Body composition score /100
- Trend analysis

Cardiology tests:

- Resting ECG
- Exercise ECG
- Stress Echo (heart structure and function at rest and at peak exercise to look for cardiac ischaemia)

Eyes and Ears:

- Audiogram (professional hearing test performed in a sound proof room)
- Glaucoma test (intraocular pressures)

Blood tests:

- Full haematology profile (full blood count)
- 5 part white cell differential
- Erythrocyte sedimentation rate (ESR)

Full biochemistry profile:

- Electrolytes
- Kidney function
- Uric acid
- Corrected calcium
- Phosphate
- Magnesium
- Fasting Glucose
- HBA1C (measure of average blood sugar over previous 90 days)
- Liver function
- Iron indices including ferritin

Blood fats:

- Total cholesterol level
- HDL cholesterol
- LDL cholesterol
- Cholesterol/HDL ratio
- Triglycerides

- Thyroid function
- HSCRp
- Vitamin D
- Prostate specific antigen (PSA) males only
- SARS 2 Coronavirus COVID IgG antibody test
- QFIT test (50+ age group if clinically indicated)

SCANS. ULTRASOUND SCANS PERFORMED BY CONSULTANT RADIOLOGIST

- Carotid arteries
- Abdominal organs - liver, spleen, pancreas, kidneys, gallbladder
- Pelvic organs - bladder womb and ovaries in females, bladder and prostate in males
- Testes US - males only
- Echocardiogram scan of heart structure and function

MRI SCANS (X-ray free)

- Brain
- Arteries inside of head (MRA)
- Abdominal - Liver kidneys spleen pancreas, gallbladder
- Pelvis - bladder womb and ovaries in females and bladder and prostate in males

MAMMOGRAM females only

If clinically indicated this can be pre-booked and performed on the same day or after the health assessment at an additional cost (performed at a dedicated breast centre very close to Lumen, Harley Street)

POST SCAN VIRTUAL TOUR OF IMAGES WITH CONSULTANT RADIOLOGIST

- Virtual tour of the inside of your body with one of our consultant radiologists to show and explain the highly detailed MRI images we have taken with verbal results the same day

NUTRITIOUS LUNCH PROVIDED

POST VISIT FOLLOW UP CONSULTATION WITH DR SAVIN/ LUMEN DOCTOR (up to 30 mins)

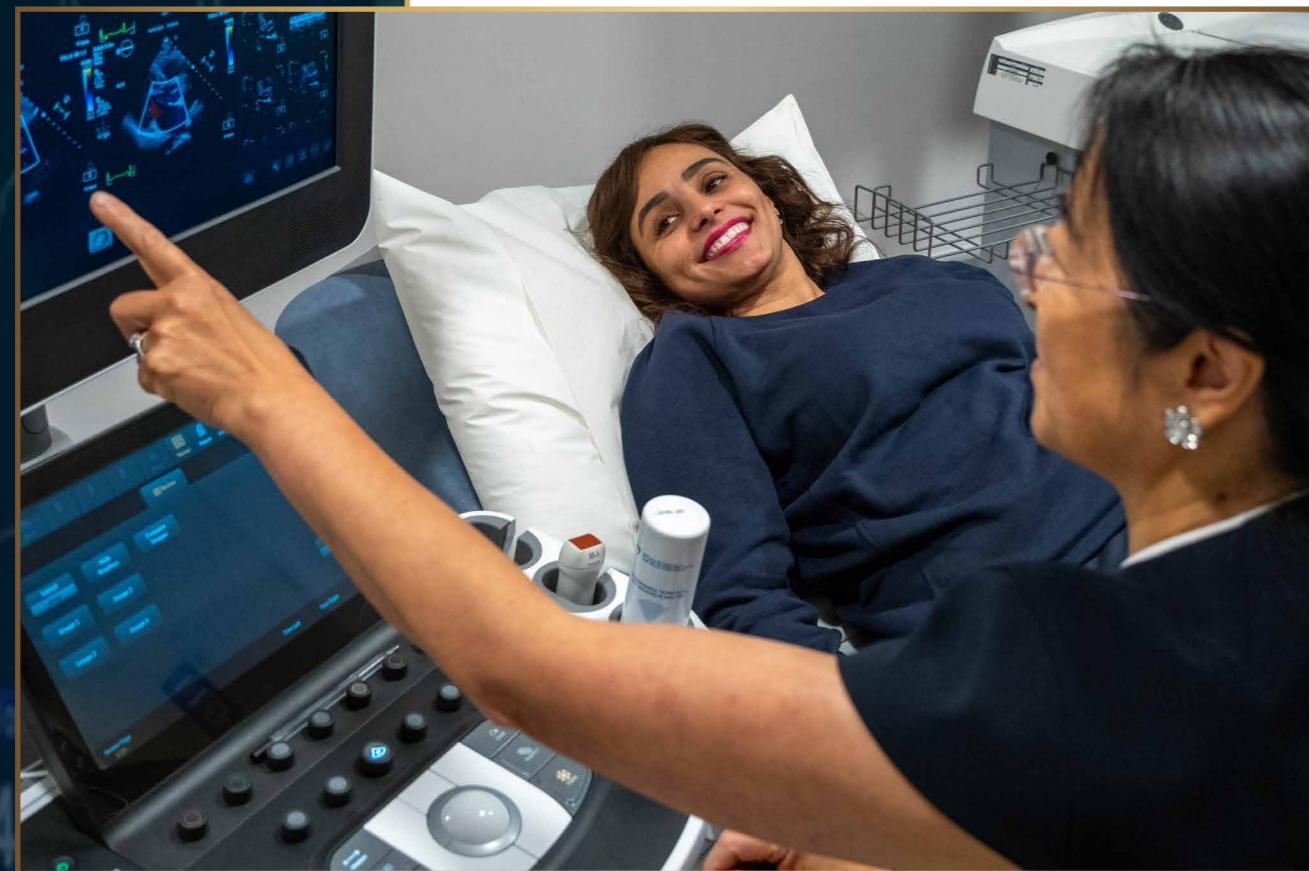
- A detailed verbal run through of all results and important significant findings and management plan. The doctor will answer any questions you may have
- Comprehensive personalised user - friendly health assessment report within 10 working days
- CD of all MRI images to keep for future reference
- Specialist ongoing referral if indicated as part of our service

LUMEN TWO - WITHOUT MRI ADVANCED HEALTH ASSESSMENT

Comprehensive health assessment for those who cannot have MRI scans and also suggested for the under 35 age category.

£3,900

Duration: Up to 5.5 hours



LUMEN TWO CONSULTATION (approx. 50 mins)

- Personal 1:1 consultation with Dr. Savin/Lumen Doctor
- Detailed lifestyle discussion and analysis of risk factors
- Occupation and psychological health analysis
- Family history
- Previous medical and surgical history
- Current concerns
- Cardiovascular risk analysis
- Sleep disorder questionnaires
- Female health questionnaire
- Male health questionnaire including prostate symptoms
- Screening test history

LUMEN TWO PHYSICAL EXAMINATION WITH DOCTOR

- General examination
- Cardiovascular system examination
- Respiratory system examination
- Abdominal examination
- Hernia examination
- General skin examination
- General musculoskeletal examination
- Ears and throat general examination
- Breast examination (females)
- Pelvic examination (if clinically indicated) females
- Cervical smear test (if clinically indicated) females
- Testicular examination (males)
- Prostate examination (males)
- Rectal examination (50+ or if clinically indicated)

LUMEN TWO PHYSIOLOGICAL TESTS

Observations:

- Height, weight, body mass index
- Pulse, blood pressure
- Temperature, oxygen saturation
- Urinalysis – 5 measurements

Body composition analysis - Highly detailed including:

- Skeletal muscle mass- total
- Muscle mass in each limb
- Body fat - total
- Percentage body fat
- Visceral fat analysis- visceral fat score - visceral fat area

- Optimum calculated target weight
- Biological age based on body composition
- Body composition score /100
- Trend analysis

Cardiology tests:

- Resting ECG
- Stress Echo. (inc exercise ECG) to assess heart structure and function, cardiovascular fitness and signs of cardiac ischaemia [performed in the 35+ age group, baseline echo in the under 35's]

Eyes and Ears:

- Audiogram (professional standard hearing test performed in a sound proof room)
- Glaucoma test (intraocular pressures)

Blood tests: (around 50 separate tests)

- Full haematology profile (full blood count)
- 5 part white cell differential
- Erythrocyte sedimentation rate (ESR)

Full biochemistry profile:

- Electrolytes
- Kidney function
- Uric acid
- Corrected calcium
- Phosphate
- Fasting Glucose
- Liver function
- Iron indices including ferritin

Blood fats:

- Total cholesterol level
- HDL cholesterol
- LDL cholesterol
- Cholesterol/HDL ratio
- Triglycerides

- Thyroid function
- HSCRIP
- Vitamin D
- Prostate specific antigen (PSA) males only
- SARS Coronavirus 2 COVID 19 IgG antibody test
- QFIT test (50+age group if clinically indicated)

SCANS. ULTRASOUND SCANS PERFORMED BY CONSULTANT RADIOLOGIST

- Carotid arteries
- Abdominal organs-liver, spleen, pancreas, kidneys, gallbladder
- Pelvic organs-bladder womb and ovaries in females, bladder and prostate in males
- Testes US -males only
- Echocardiogram- heart structure and function

MAMMOGRAM - females only

- If clinically indicated, this can be pre-booked to be performed on the same day or after the health assessment at an additional cost (performed at a dedicated breast centre very close to the Lumen, Harley Street)

NUTRITIOUS LUNCH PROVIDED

POST CONSULTATION ON THE DAY WITH DR SAVIN/ LUMEN DOCTOR (up to 30 mins)

- A detailed verbal run through of all results and important significant findings and management plan. The doctor will answer any questions you may have
- Comprehensive personalised user - friendly health assessment report within 10 working days
- CD of all MRI images to keep for future reference
- Specialist ongoing referral if indicated as part of our service

LUMEN THREE ADVANCED HEALTH ASSESSMENT

Suggested for those over 40 who want a very detailed health assessment and includes a low-dose CT scan of the architecture of the coronary arteries.

£7,000

Duration: Up to 9 hours



LUMEN THREE CONSULTATION (approx. 50 mins)

- Personal 1:1 consultation with your Dr. Savin/Lumen Doctor
- Detailed lifestyle discussion and analysis of risk factors
- Occupation and psychological health analysis
- Family history
- Previous medical and surgical history
- Current concerns
- Cardiovascular risk analysis
- Sleep disorder questionnaires
- Female health questionnaire
- Male health questionnaire including prostate symptoms
- Screening history

LUMEN THREE PHYSICAL EXAMINATION WITH DOCTOR

- General examination
- Cardiovascular system examination
- Respiratory system examination
- Abdominal examination
- Hernia examination
- General skin examination
- General musculoskeletal examination
- Ears and throat general examination
- Breast examination (females)
- Pelvic examination (if clinically indicated) females
- Cervical smear test (if clinically indicated) females
- Testicular examination (males)
- Prostate examination (males)
- Rectal examination (50+ or if clinically indicated)

LUMEN THREE PHYSIOLOGICAL TESTS

Observations:

- Height, weight, body mass index
- Pulse, blood pressure
- Temperature, oxygen saturation
- Urinalysis – 5 measurements

Body composition analysis - Highly detailed including:

- Skeletal muscle mass - total
- Muscle mass in each limb
- Body fat - total
- Percentage body fat
- Visceral fat analysis-visceral fat measurement - visceral fat area
- Optimum calculated target weight

- Biological age based on body composition
- Body composition score /100
- Trend analysis

Cardiology tests:

- Resting ECG
- Exercise ECG
- Baseline Echo. Ultrasound to assess heart structure and function especially heart valves

Eyes and Ears:

- Audiogram (professional hearing test performed in a sound proof room)
- Glaucoma test (intraocular pressures)

Blood tests: (around 55 separate tests)

- Full haematology profile (full blood count)
- 5 part white cell differential
- Erythrocyte sedimentation rate (ESR)

Full biochemistry profile:

- Electrolytes
- Kidney function
- Uric acid
- Corrected calcium
- Phosphate
- Magnesium
- Fasting Glucose
- HBA1C (average blood sugar over previous 90 days)
- Liver function
- Iron indices including ferritin

Blood fats:

- Total cholesterol level
- HDL cholesterol
- LDL cholesterol
- Cholesterol/HDL ratio
- Triglycerides

- Thyroid function
- HSCRIP
- Vitamin D
- Prostate specific antigen (PSA) males only
- SARS 2 Coronavirus COVID 19 IgG antibody test
- QFIT test (50+ age group if clinically indicated)

SCANS - ULTRASOUND SCANS PERFORMED BY CONSULTANT RADIOLOGISTS

- Carotid arteries
- Abdominal organs - liver, spleen, pancreas, kidneys, gallbladder
- Pelvic organs - bladder, womb and ovaries in females, bladder and prostate in males
- Testes US - males only

MRI SCANS (X-ray free)

- Brain
- Arteries inside of head (MRA)
- Abdominal - Liver, kidneys, spleen, pancreas, gallbladder
- Pelvis - bladder, womb and ovaries in females, and bladder and prostate in males

CT SCANS (x-ray scans)

- CTCA-calcium score
- detailed CT scans of the inside of the coronary arteries taking blood to the heart

MAMMOGRAM - females only

- If clinically indicated, this can be pre-booked and performed on the same day or after the health assessment at an additional cost (performed at a dedicated breast centre very close to Lumen, Harley Street)

POST SCAN VIRTUAL TOUR OF IMAGES WITH CONSULTANT RADIOLOGIST

- Virtual tour of the inside of your body with one of our consultant radiologists to show and explain the highly detailed MRI images we have taken with verbal results the same day

NUTRITIOUS LUNCH PROVIDED

FINAL CONSULTATION ON THE DAY WITH DR SAVIN/ LUMEN DOCTOR (up to 30 mins)

- A detailed verbal run through of all results and important significant findings and management plan. The doctor will answer any questions you may have
- Comprehensive personalised user- friendly health assessment report within 10 working days
- CD of all MRI images to keep for future reference
- Specialist ongoing referral if indicated as part of our service



CORPORATE HEALTH ASSESSMENTS

There are key people within your business that are critical to its success. It is crucial to keep them in optimal physical and mental health for optimum business performance, now more than ever.

Our corporate programmes can be personalised to your employees, addressing potentially significant health issues early before problems arise.



“The whole experience could not have been more efficiently conducted. Dr Savin and his team were super friendly, helpful, and professional throughout. I could not recommend the whole health check service higher.”

CEO client's Doctify review.

*“A complete medical exam orchestrated by
Dr Savin with the best London has to offer.”*

CEO client's Doctify review.



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