



Preventive Health Assessment

Your personalized, holistic health check.

Preventive healthcare can help you live longer and allow you to take control of your personal well-being. At TELUS Health Care Centres, we are dedicated to identifying health risks and inspiring positive lifestyle choices to improve the health of our clients, allowing them to be in the driver's seat when it comes to their health.

Why get a Preventive Health Assessment?

A Preventive Health Assessment is an opportunity to gain a deeper understanding of your body, identify any potential risk factors and treat them at an early stage. A team of dedicated health professionals will provide a detailed overview of your current health and identify any areas for improving your routine.

The Preventive Health Assessment includes:

- A comprehensive review of your personal medical history
- A complete physical health and wellness assessment
- Advanced laboratory and diagnostic screening
- An all-encompassing fitness assessment*
- A full nutritional assessment*
- Recommendations for realistic health goals customized to your unique lifestyle, from a multidisciplinary team of experienced healthcare professionals

How it works



Meet with our team of healthcare professionals to get a complete overview of your health.



Receive a personalized report summarizing results and identifying any risk factors.



Together with our team, **create an action plan** of achievable health goals that you can start right away.

Take charge of your health with a Preventive Health Assessment.

[Click here to get started today](#)

Or call us at 1-800-361-3493 and mention 'BlueShore Financial client'