

HEALTH IQ BLOOD TEST FOR 7 DISEASES RISK \$80 +GST

Health IQ is a blood test that assesses risk score of 7 chronic medical diseases –

- 1) Cardiovascular Diseases
- 2) Heart Attack
- 3) Stroke
- 4) Diabetes
- 5) Fatty Liver
- 6) Liver Cirrhosis / Fibrosis
- 7) Chronic Kidney Disease

It uses noninvasive technology to measure panel of metabolic blood markers eg special lipids, fatty acids, amino acids, inflammatory markers. These blood markers are then integrated with an extensive health outcome database. This enables computation of disease risk scores, customized to your age, gender and race.

Based on your risk score, our doctors will be able to work hand in hand with you on a personalized health plan involving your lifestyle, medications, supplements and recommended screening tests.

It is highly recommended for the following groups-

- 1) Unhealthy Dietary habits
- 2) Sedentary Lifestyle
- 3) Overweight
- 4) Regular alcohol intake
- 5) Smoker
- 6) Medical history of high blood pressure or Diabetes or high Cholesterol
- 7) Family history of high blood pressure or Diabetes or high Cholesterol or Heart Disease or Stroke
- 8) Those who are keen to improve health status

Only 1 small tube of blood is required (fasting of 4 hours preferred) to give you a 10-year risk score.