



dr sophia khalique
ASSOCIATES

PREVENTATIVE HEALTH ASSESSMENTS



PREVENTATIVE HEALTH ASSESSMENTS

Prevention is better than cure. Improving your healthspan and lifespan by picking things up early and using the latest evidence-based medicine is the way we care for our patients and clients.

We screen for all disease including heart disease, early cancers, inflammatory conditions and vitamin and mineral deficiencies that can lead to disease.

These health assessments can be specifically tailored to you at the pre-assessment questionnaire stage and are dependent on age, sex and risk factors.





DR SOPHIA KHALIQUE

Sophia has enjoyed a fulfilling career as a good old-fashioned GP, working in the private sector for over 25 years.

With what she modestly calls “a little bit of medical knowledge and a lot of common sense.” Known for her warmth and approachability, she relates effortlessly to patients of all ages, genders, and backgrounds.

She celebrates individuality and places equal importance on both physical and mental wellbeing. Deeply committed to prevention over cure, Sophia advocates for early, comprehensive health assessments—including blood tests and full-body scans—to identify and manage risk factors long before illness develops. Her growing expertise in anti-ageing and longevity medicine reflects her mission to help patients align their lifespan with their healthspan.

Sophia practices Medicine 3.0—an advanced model of healthcare rooted in prevention, personalisation, and participation.

After graduating with Distinction from Leicester Medical School in 1991, she completed postgraduate training in leading London teaching hospitals, covering Accident & Emergency, Anaesthesia, Intensive Care, Internal Medicine, Paediatrics, Obstetrics, and Gynaecology. During her anaesthetics training, she earned the prestigious Magill Medal - the highest mark in the country.

She holds the Diploma in Obstetrics & Gynaecology from the Royal College and is a Faculty Member of Family Planning. A member of the Royal College of General Practitioners, Sophia worked in the NHS before spending 20 years in partnership on Wimpole Street, gaining a wealth of experience prior to establishing her own Harley Street clinic in 2021.

Away from medicine, Sophia is the proud mother of three young adults working in the fashion industry. A lover of fashion and art herself, her consultation rooms reflect her creative spirit, with walls adorned by artwork generously gifted by her artist patients - work she deeply treasures and proudly showcases.



SPECIALISTS

Dr Steve Connor was appointed as a Consultant Neuroradiologist at King's College Hospital, London in 2002. He also holds an honorary post as a Consultant Head and Neck Radiologist at Guy's and St Thomas' Hospital.

He is the past president of the British Society of Head and Neck Imaging (BSHNI) and the current Visiting Professor for the Royal College of Radiologists and BSHNI. He has authored over 180 peer reviewed articles and has written seven book chapters.

Professor Saeed Mirsadraee is a Consultant Radiologist at Royal Brompton and Harefield Hospitals and a Professor of Practice in Cardiovascular Imaging at Imperial College London.

His NHS clinical expertise focuses on imaging complex heart and aortic conditions, with a special emphasis on the evaluation of aortic dissection, coronary arteries and heart valves. He is particularly expert in using non-invasive imaging techniques to guide transcatheter and minimally invasive heart interventions.

He also serves as an Advisory Editor for Clinical Radiology and has authored over 140 publications, including articles and book chapters, on topics related to cardiovascular and pulmonary medicine.

Dr Zahir Amin completed his medical and radiology training at University College London Hospital. He was a Consultant Radiologist at Chelsea & Westminster Hospital from 1996 to 2002, and at University College Hospital since 2002.

His current clinical interests include HPB/GI imaging and intervention, liver hydatid, abdominal sarcoma, adrenal imaging. He spent two years in radiology research leading to an MD thesis in 1994. He has had research interests in and lectured on pancreatic imaging/biopsy, MRI/US of small bowel, CT colonography, cholangiopathies, GI stromal tumours, liver tumour ablation, endoscopic ultrasound.

Professor Asif Muneer is a Consultant Urological Surgeon and Andrologist and Clinical Lead for Urology at UCLH. He is a world authority in Urology.

He is also Honorary Professor of Urology and Surgical Andrology at University College London (UCL).

He has received a number of national awards including a British Urological Foundation award, Ethicon visiting fellowship, Ralph Shackman fellowship to MD Anderson Cancer Centre and a Royal Society of Medicine award. He was also awarded the Keith Yeates Gold Medal for the FRCS (Urol) intercollegiate examination and the Harold Hopkins Golden Telescope from the British Association of Urological Surgeons

OUR ASSESSMENTS

We offer seven Preventative Health Assessments, in addition to bespoke and corporate packages, all of which include a pre-assessment questionnaire to fill in which covers previous medical history, medications, lifestyle, family history and any current concerns.

This is followed by a one-to-one examination with one of our three principal doctors – all incredibly experienced GPs with special interests in preventative health screening, dermatology, male health, female health, lifestyle, nanomedicine and anti-ageing medicine between them.

The comprehensive blood tests will include a haematology panel allowing for diagnosis of a wide range of benign and malignant disorders of the red and white blood cells, platelets and the coagulation system.

We will check your inflammatory markers including ESR and high sensitivity CRP.

We will check your tumour markers to include CEA, CA125 and CA 19-9. In addition, men will be screened for prostate cancer and women for cervical cancer. We can undertake genetic testing on site, especially where there is a significant family history of early cancers including BRCA testing.

We undertake a full body mole check to screen for skin cancers using a dermatoscope to image all suspicious lesions. These are then sent to a lead Consultant Dermatologist for assessment prior to the follow up appointment to decide whether there is a need a biopsy or excision.

The health assessment includes testing a stool sample for colorectal cancer screening (FIT test).

We will check your liver function, kidney function, as well as completing a diabetes screening and cholesterol profiles.

We will check levels of vitamins and minerals to include vitamin B12, folate, calcium, phosphate, magnesium, iron profile, homocysteine and vitamin D.

We will check your hormone levels to include cortisol, insulin, DHEA, testosterone, oestrogen and progesterone.

You will have an electrocardiogram to screen for heart disease including silent ischaemia, rhythm and conduction disorders and strain on the heart muscles.

We will check your vision, hearing and lung function.

In addition, you will have your urine tested for blood and protein to indicate kidney disease and stones, as well as sugar to screen for diabetes.

We use state of the art radiological MRI and CT scanners and top of their field radiologists and clinicians reporting their own subspecialities.

This is all within minutes’ walk of the practice and we can escort you there.

We offer complimentary preliminary telephone consultations to gain an initial understanding of your medical history and lifestyle, ahead of recommending which of our health assessment programmes would be most suitable.

In addition, we offer bespoke and corporate packages.

Cancer Screening	Inflammatory Diseases	Cardiovascular Disease
Liver Disease	Kidney Disease	Hypercholesterolaemia
Dementia Screening	Advanced Prostate Cancer Screening	Biological & Epigenetic Age Testing
Diabetes	Thyroid Disease	Bone Health
Malignant diseases of red and white blood cells and platelets	Hormone Imbalances	Vitamin and Mineral Deficiencies



HA1 - ESSENTIAL ASSESSMENT

This is our in-house comprehensive health assessment as detailed below and is suitable for our younger clients or those who would like to take one step at a time. For women we do a cervical HPV smear test and for men a PSA test of the prostate gland.

Additional radiological investigations may become necessary following results of the extensive blood tests, and these can be easily arranged.

CLINICAL HISTORY
EXAMINATION
HAND GRIP STRENGTH TESTING
BLOOD TESTS AND SCREENING
FULL BODY MOLE CHECK
ELECTROCARDIOGRAM
URINE TEST
STOOL TEST
VISION
HEARING
LUNG FUNCTIONALITY
FOLLOW UP CONSULTATION

Cost

£2,450, including complimentary registration at the practice.

Timings

Please allow up to 1.5 hours for the initial consultations and tests.

We will review with you within 7 days, either face to face or via video - whichever option suits you - to go through all your results and make specific lifestyle and health recommendations to improve both your lifespan and healthspan.

You will receive a digital/paper report at the time.



HA2 - HEART ASSESSMENT

In addition to our in house comprehensive health assessment, we undertake a full screening of the cardiovascular system to look at the blood pressure, blood flow to the brain, heart function with exercise, the muscle chambers and valves of the heart including the aorta and calcium deposits around the blood vessels of the heart.

This is especially important in those with a family history of heart disease or other risk factors such as high cholesterol or smoking.

CLINICAL HISTORY
EXAMINATION
HAND GRIP STRENGTH TESTING
BLOOD TESTS AND SCREENING
FULL BODY MOLE CHECK
ELECTROCARDIOGRAM
URINE TEST
STOOL TEST
VISION
HEARING
LUNG FUNCTIONALITY

+

BODY COMPOSITION ANALYSIS
CAROTID DOPPLER ULTRASOUND SCAN
24-HOUR BLOOD PRESSURE MONITOR
CT CORONARY CALCIUM HEART SCAN
CT CORONARY ARTERY SCAN
EXERCISE ECHOCARDIOGRAM
FOLLOW UP CONSULTATION

Cost

£6,650, including complimentary registration at the practice.
Payment terms available on request.

Timings

Please allow between 4 - 5 hours for the initial consultations and tests.

We will review with you within 7 days, either face to face or via video - whichever option suits you - to go through all your results and make specific lifestyle and health recommendations to improve both your lifespan and healthspan.

You will receive a digital/paper report at the time.



HA3 - FEMALE ONLY ASSESSMENT

In addition to our in-house comprehensive health assessment, we arrange a mammogram, pelvic ultrasound scan and bone mineral density scan to look for female cancers and bone density which is especially relevant from around the time of the menopause.

CLINICAL HISTORY
EXAMINATION
HAND GRIP STRENGTH TESTING
BLOOD TESTS AND SCREENING
FULL BODY MOLE CHECK
ELECTROCARDIOGRAM
URINE TEST
STOOL TEST
VISION
HEARING
LUNG FUNCTIONALITY

+

BONE MINERAL DENSITY SCAN
MAMMOGRAM
PELVIC SCAN
FOLLOW UP CONSULTATION

Cost

£4,950, including complimentary registration at the practice.
Payment terms available on request.

Timings

Please allow up to 4 hours for the initial consultations and tests.

We will review with you within 7 days, either face to face or via video - whichever option suits you - to go through all your results and make specific lifestyle and health recommendations to improve both your lifespan and healthspan.

You will receive a digital/paper report at the time.



HA4 - MALE OVER 45 CANCER ASSESSMENT

In addition to our in-house comprehensive health assessment, we arrange a MRIs of your brain and its blood vessels, a thyroid scan and abdominal MRI to further look for hidden cancers including, liver, spleen, kidneys and pancreas.

- CLINICAL HISTORY
- EXAMINATION
- HAND GRIP STRENGTH TESTING
- BLOOD TESTS AND SCREENING
- FULL BODY MOLE CHECK
- ELECTROCARDIOGRAM
- URINE TEST
- STOOL TEST
- VISION
- HEARING
- LUNG FUNCTIONALITY

+

- BODY COMPOSITION ANALYSIS
- MRI & MRA BRAIN SCAN
- THYROID ULTRASOUND SCAN
- ABDOMINAL MRI SCAN
- PROSTATE MPMRI SCAN
- FOLLOW UP CONSULTATION

Cost

£7,700, including complimentary registration at the practice.
Payment terms available on request.

Timings

Please allow up to 4 hours for the initial consultations and tests.

We will review with you within 7 days, either face to face or via video - whichever option suits you - to go through all your results and make specific lifestyle and health recommendations to improve both your lifespan and healthspan.

You will receive a digital/paper report at the time..



HA5 - FEMALE OVER 45 CANCER ASSESSMENT

In addition to our in-house comprehensive health assessment, we arrange a MRIs of your brain and its blood vessels, a thyroid scan and abdominal MRI to further look for hidden cancers including, liver, spleen, kidneys and pancreas.

- CLINICAL HISTORY
- EXAMINATION
- HAND GRIP STRENGTH TESTING
- BLOOD TESTS AND SCREENING
- FULL BODY MOLE CHECK
- ELECTROCARDIOGRAM
- URINE TEST
- STOOL TEST
- VISION
- HEARING
- LUNG FUNCTIONALITY

+

- BODY COMPOSITION ANALYSIS
- MRI & MRA BRAIN SCAN
- THYROID ULTRASOUND SCAN
- ABDOMINAL MRI SCAN
- BONE MINERAL DENSITY SCAN
- MAMMOGRAM
- PELVIC SCAN
- FOLLOW UP CONSULTATION

Cost

£7,700, including complimentary registration at the practice.
Payment terms available on request.

Timings

Please allow up to 4 hours for the initial consultations and tests.

We will review with you within 7 days, either face to face or via video - whichever option suits you - to go through all your results and make specific lifestyle and health recommendations to improve both your lifespan and healthspan.

You will receive a digital/paper report at the time.



HA6 - MALE OVER 45 HEART AND CANCER ASSESSMENT

In addition to our in-house comprehensive health assessment, we undertake a full screening of the cardiovascular system to look at the blood pressure, blood flow to the brain, heart function with exercise, the muscle chambers and valves of the heart including the aorta and calcium deposits around the blood vessels of the heart.

- CLINICAL HISTORY
- EXAMINATION
- HAND GRIP STRENGTH TESTING
- BLOOD TESTS AND SCREENING
- FULL BODY MOLE CHECK
- ELECTROCARDIOGRAM
- URINE TEST
- STOOL TEST
- VISION
- HEARING
- LUNG FUNCTIONALITY

+

- BODY COMPOSITION ANALYSIS
- CAROTID DOPPLER ULTRASOUND SCAN
- 24-HOUR BLOOD PRESSURE MONITOR
- CT CORONARY CALCIUM HEART SCAN
- CT CORONARY ARTERY SCAN
- EXERCISE ECHOCARDIOGRAM
- MRI & MRA BRAIN SCAN
- THYROID ULTRASOUND SCAN
- ABDOMINAL MRI SCAN
- PROSTATE MPMRI SCAN
- FOLLOW UP CONSULTATION



Cost

£12,000, including complimentary registration at the practice.
Payment terms available on request.

Timings

Please allow up to 4 - 6 hours for the initial consultations and tests.

We will review with you within 7 days, either face to face or via video - whichever option suits you - to go through all your results and make specific lifestyle and health recommendations to improve both your lifespan and healthspan.

You will receive a digital/paper report at the time.

HA7 - FEMALE OVER 45 HEART AND CANCER ASSESSMENT

In addition to our in-house comprehensive health assessment, we undertake a full screening of the cardiovascular system to look at the blood pressure, blood flow to the brain, heart function with exercise, the muscle chambers and valves of the heart including the aorta and calcium deposits around the blood vessels of the heart.

We arrange a MRIs of your brain and its blood vessels, a thyroid scan and abdominal MRI to further look for hidden cancers including, liver, spleen, kidneys, and pancreas. A mammogram and pelvic ultrasound scan are done to look for female specific cancers. In addition, you will have a bone mineral density check.

- CLINICAL HISTORY
- EXAMINATION
- HAND GRIP STRENGTH TESTING
- BLOOD TESTS AND SCREENING
- FULL BODY MOLE CHECK
- ELECTROCARDIOGRAM
- URINE TEST
- STOOL TEST
- VISION
- HEARING
- LUNG FUNCTIONALITY

+

- BODY COMPOSITION ANALYSIS
- CAROTID DOPPLER ULTRASOUND SCAN
- 24-HOUR BLOOD PRESSURE MONITOR
- CT CORONARY CALCIUM HEART SCAN
- CT CORONARY ARTERY SCAN
- EXERCISE ECHOCARDIOGRAM
- MRI & MRA BRAIN SCAN
- THYROID ULTRASOUND SCAN
- ABDOMINAL MRI SCAN
- BONE MINERAL DENSITY SCAN
- MAMMOGRAM
- PELVIC SCAN
- FOLLOW UP CONSULTATION



Cost

£12,000, including complimentary registration at the practice.
Payment terms available on request.

Timings

Please allow up to 6 hours for the initial consultations and tests.

We will review with you within 7 days, either face to face or via video - whichever option suits you - to go through all your results and make specific lifestyle and health recommendations to improve both your lifespan and healthspan.

You will receive a digital/paper report at the time.

PREVENTATIVE HEALTH ASSESSMENT EXAMINATIONS

	Examinations	CLINICAL HISTORY	EXAMINATION HISTORY	HAND GRIP STRENGTH TESTING	BLOOD TESTS AND SCREENING	FULL BODY MOLE CHECK	ELECTROCARDIOGRAM	URINE TEST	STOOL TEST	COLONOSCOPY	VISION	HEARING	LUNG FUNCTIONALITY	CT LUNG SCAN	BODY COMPOSITION ANALYSIS			CAROTID DOPPLER ULTRASOUND SCAN	24-HOUR BLOOD PRESSURE MONITOR	CT CORONARY CALCIUM HEART SCAN	CT CORONARY ARTERY SCAN	EXERCISE ECHOCARDIOGRAM	BONE MINERAL DENSITY SCAN	MAMMOGRAM	PELVIC SCAN	MRI & MRA BRAIN SCAN	DEMENTIA SCREENING	THYROID ULTRASOUND SCAN	ABDOMINAL MRI SCAN	PROSTATE MPMRI SCAN	TESTICULAR ULTRASOUND SCAN	TESTS OF FERTILITY	ADVANCED PROSTATE CANCER SCREENING	BIOLOGICAL & EPIGENETIC AGE TESTING	FOLLOW UP CONSULTATION
HA-1	Essential Assessment	●	●	●	●	●	●	●	●		●	●	●																					●	
HA-2	Heart	●	●	●	●	●	●	●	●		●	●	●		●			●	●	●	●	●													●
HA-3	Female Only	●	●	●	●	●	●	●	●		●	●	●										●	●	●										●
HA-4	Male Over 45 Cancer	●	●	●	●	●	●	●	●		●	●	●		●											●		●	●	●					●
HA-5	Female Over 45 Cancer	●	●	●	●	●	●	●	●		●	●	●		●								●	●	●	●		●	●						●
HA-6	Male Over 45 Heart & Cancer	●	●	●	●	●	●	●	●		●	●	●		●			●	●	●	●	●				●		●	●	●					●
HA-7	Female Over 45 Heart & Cancer	●	●	●	●	●	●	●	●		●	●	●		●			●	●	●	●	●	●	●	●	●	●		●	●					●

PREVENTATIVE HEALTH ASSESSMENT EXAMINATIONS

CLINICAL HISTORY

A pre assessment questionnaire to fill in, to include previous medical history, medications, lifestyle, family history and any current concerns.

EXAMINATION HISTORY

A one-to-one examination with one of our three principal doctors – all highly experienced GPs with special interests in preventative health screening, dermatology, male health, female health, lifestyle, nanomedicine and anti-ageing medicine between them.

HAND GRIP STRENGTH TESTING

A reliable indicator of upper body strength and overall vitality. Low grip strength is linked to frailty and future health risks.

BLOOD TESTS AND SCREENING

Our comprehensive blood tests include a haematology panel allowing for diagnosis of a wide range of benign and malignant disorders of the red and white blood cells, platelets and the coagulation system, including cholesterol, diabetes, thyroid, and hormone levels.

Inflammatory markers including ESR and high sensitivity CRP.

Tumour markers to include CEA, CA125 and CA 19-9. In addition, men will be screened for prostate cancer and women for cervical cancer.

We can undertake genetic testing on site, especially where this is a significant family history of early cancers including BRCA testing.

Liver and kidney function, diabetes screening and cholesterol profiles.

Vitamins and minerals levels to include vitamin B12, folate, calcium, phosphate, magnesium, iron profile, homocysteine and vitamin D.

Hormone levels, including cortisol, insulin, DHEA, testosterone (for men), and oestrogen and progesterone (for women).

FULL BODY MOLE CHECK

To screen for skin cancers using a dermatoscope to image all suspicious lesions.

These are then sent to a lead Consultant Dermatologist for assessment prior to the follow up appointment to decide whether there is a need a biopsy or excision.

ELECTROCARDIOGRAM

A resting electrocardiogram to screen for heart disease including silent ischaemia, rhythm and conduction disorders and strain on the heart muscles.

URINE TEST

Blood and protein to indicate kidney disease and stones and sugar to screen for diabetes.

STOOL TEST

For colorectal cancer screening (FIT test).

COLONOSCOPY

If there are clinical concerns such a family history, low iron level and a positive stool test for blood, we arrange screening colonoscopies.

These are sometimes offered via CT scan but when physically performed by a gastroenterologist (which we recommend) they have a much higher sensitivity rate for picking up cancer and small (under 10mm) and flat polyps which CT colonoscopies do not. These can then be removed or biopsied at the same time as the procedure.

VISION

Preliminary tests of visual function and eye health, including visual acuity, colour vision, and visual fields.

HEARING

The results are charted on a graph (audiogram) to help pinpoint the severity of hearing loss at different frequencies.

LUNG FUNCTIONALITY

Pulmonary function tests, or PFTs. We measure how much air your lungs can hold, how well you move air in and out of your lungs and absorb oxygen when you breathe.

CT LUNG SCAN

Dependent on individual risk factors and to limit unnecessary radiation risk (although small) through CT scans, we can arrange a CT scan of the lungs to look for small nodules which do not show up on a simple chest x ray and can indicate cancer or pre-cancerous changes. This scan will also show up chronic lung disease or damage.

BODY COMPOSITION ANALYSIS

Including total muscle mass, body, and visceral fat.

PREVENTATIVE HEALTH ASSESSMENT EXAMINATIONS

CAROTID DOPPLER ULTRASOUND SCAN

A scan to establish and highlight at any plaques in the carotid arteries which untreated may lead to a stroke or potential cardiovascular risk.

Dependent on individual risk factors and to limit unnecessary radiation risk (although small) through CT scans, we can arrange a direct coronary artery CT scan (CTCA) to look at individual plaque formation in the vessels and the obstruction to blood flow which may result in a heart attack. This can be done at the same time as the coronary calcium scan.

24-HOUR BLOOD PRESSURE MONITOR

To diagnose hypertension and any anomalies.

CT CORONARY CALCIUM HEART SCAN

Measurement of calcium deposits in the arteries of the heart – a gold standard assessment for ischaemic heart disease.

CT CORONARY ARTERY SCAN

Dependent on individual risk factors and to limit unnecessary radiation risk (although small) through CT scans, we can arrange a direct coronary artery CT scan (CTCA) to look at individual plaque formation in the vessels and the obstruction to blood flow which may result in a heart attack. This can be done at the same time as the coronary calcium scan.

EXERCISE ECHOCARDIOGRAM

A specialist ultrasound to produce moving images of the heart’s function during exercise.

BONE MINERAL DENSITY SCAN

A bone mineral density scan to assess risk of serious fracture.

Low dose X-Rays to learn how dense (strong) your bones are, and diagnosis of or assessment of your risk of osteoporosis or serious fracture.

MAMMOGRAM

Providing insight for early signs of breast cancer.

Regular mammograms can find breast cancer early, sometimes up to three years before it can be felt.

PELVIC SCAN

A non-invasive diagnostic exam that produces images that are used to assess organs and structures within the female pelvis. A pelvic scan allows quick visualisation of the female pelvic organs and structures including the uterus, cervix, vagina, fallopian tubes and ovaries.

MRI & MRA BRAIN SCAN

A scan of your brain and the cerebral vessels. This picks up signs of vascular damage leading to certain dementias, tumours and arteriovenous malformations including aneurysms that can cause bleeding but can be simply dealt with if detected.

DEMENTIA SCREENING

Proactive approach to brain health as extras to MRI & MRA brain imaging – adding in the ACE-III cognitive test and APOE4 genetic testing to assess inherited risk of Alzheimer’s disease especially in those with a family history of Dementia.

THYROID ULTRASOUND SCAN

A scan of the thyroid to look for pre-cancerous nodules.

ABDOMINAL MRI SCAN

This will look at organs to include the liver, kidneys, gall bladder, spleen, adrenal glands, and pancreas.

It can pick up early cancers especially silent cancers of the pancreas which often otherwise present late in the disease path when they are difficult to treat.

PROSTATE MPMRI SCAN

Providing a more detailed status of your prostate than a standard MRI scan. It does this by combining four different types of image and can highlight whether or not there is any cancer inside your prostate.

TESTICULAR ULTRASOUND SCAN

For men under 45, especially if you are worried about your own examination or there are any clinical concerns.

TESTS OF FERTILITY

For men, a semen analysis and testicular ultrasound scan. For women, bloods to test for AMH and FSH in addition to a pelvic ultrasound scan to look at ovarian follicle count.

ADVANCED PROSTATE CANCER SCREENING

Stockholm3 blood test combining genetic, protein, and clinical markers to assess the risk of aggressive prostate cancer. Used alongside PSA and MRI to improve diagnostic accuracy.

BIOLOGICAL & EPIGENETIC AGE TESTING

Hand Grip Dynamometry and TRUAGE epigenetic test which analyses DNA methylation patterns. Helps identify accelerated ageing and guides personalised longevity and lifestyle interventions.

FOLLOW UP CONSULTATION

We will review with you within 5 working days, either face to face or via video – whichever option suits you – to go through all your results and make specific lifestyle and health recommendations to improve both your lifespan and healthspan.

You will receive a digital/paper report at the time.



WHY US?

Health screening is usually carried out by organisations that follow a strict protocol for everyone they see, regardless of their individual risk factors.

We believe in bespoke personalised care and concierge medicine. As general practitioners and not solely health screening doctors, if we find something wrong we can offer a comprehensive service which means you can go directly to the best specialist without having to go via your NHS GP who may not have the network we have to make this referral.

We also support with changes in lifestyle including weight management, alongside our excellent in-house nutritionist whom we can refer you to. We believe in mental health and have a team of psychotherapists who work in the practice that you might want to see. In addition, we have an interest in antiageing medicine and can offer a complimentary service of care with knowledge of up-to-date medications and supplements.

We have a commitment to ongoing care for everyone we see and believe our medical care is good value for health.

Although any health assessment you have with us gives you a complimentary registration to the practice so you can access our facilities, we also offer a monthly membership option. This includes all consultations, (face-to-face, video or telephone), prescription requests and referrals to specialists, if required. You will also have 24/7 access to an individual doctor.



TESTIMONIALS

"I was really happy to get the full assessment at my age of 52 and it put my mind to rest about cancers and picked up some things to keep monitored over the next year. I thoroughly recommend Sophia's health assessment process, and the process of it, and quality onward referrals where needed."

Sacha Alexander
Actor

"I recently had a thorough check out which was referred to as an 'extended MOT' and I have been very impressed by the thoroughness of the way it was carried out."

Dr Sophia is professional, knowledgeable and charming. The results are that a number of preventative measures have been identified which are being undertaken and I can only say it has been worth all the effort to have this done."

Lord Stevens of Kirkwhelpington
Chairman, Quest Global LTD
and former Commissioner of the Metropolitan Police

"As I wrote in my Sunday Times column on 11 August 2024. I am a great believer in 'Medicine 3.0' which is rigorous health assessments including blood tests and whole-body MRI scans."

I trust Dr Sophia Khalique to manage my health and screenings, and she is doing a brilliant job."

Richard Harpin
Founder and CEO, HomeServe,
Founder and Owner, Business Leader Magazine

"Dr Sophia Khalique is all about living a long healthy life. Going for an all over body health assessment consisting of MRI's and blood tests is incredibly reassuring. All the tests were done on time and the follow up session with Dr Khalique to explain the results was great, she's clear and professional."

Sara Geater
Chief Operating Officer
All3Media

INSURANCE

Although health scanning packages are not usually covered by UK health insurance companies, onward specialist referrals almost always are.

As fully qualified and registered GPs, and not health screening doctors alone, registration with the practice allows us to make referrals, to world-class specialists, which under most private health insurance schemes would be covered.

So for example, if there is an indication for a colonoscopy such as a low iron count, or blood in the stool, top gastroenterologist referral to do this procedure and follow up care would usually be covered, or if there are ischaemic changes on an Exercise ECG, top cardiological referral for further assessments including tests such as a CTCA would also, in most cases be covered.

Further, our Harley Street location, a globally famous hub for private healthcare, means in most instances any onward referrals are located close to the practice.



drsophiakhalique.com/health-assessments-service

All details correct at the time of publication, January 2026. Subject to change.

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