dr sophia khalique ASSOCIATES



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

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

Examination

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.

Liver and kidney function, diabetes screening and cholesterol profiles.

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

Advanced cardiac risk indicators including Lipoprotein a, Apolipoprotein B and homocysteine.

Inflammatory markers including ESR and high sensitivity CRP.

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

Hormone levels, including thyroid, cortisol, insulin, DHEA, testosterone, oestrogen and progesterone.

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

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).

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.

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 health span.

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

Cost

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

or

£650 monthly membership*, which includes the health assessment, complimentary registration at the practice, 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.

*Minimum term of 12 months

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.

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.

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.

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.

Please complete our **enquiry form**, or alternatively call us, **020 7935 4357**,
or email **office@drsophiakhalique.com**, to arrange an appointment date and time at your convenience.

101 HARLEY STREET, LONDON W1G 6AH / +44 20 7935 4357 / OFFICE@DRSOPHIAKHALIQUE.COM / WWW.DRSOPHIAKHALIQUE.COM

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