



Corporate Medicals & Health Screening

as of January 2010



The health status of your employees plays a significant role in the health status of your business. Results from corporate medicals and health screenings can act as a platform for corrective and preventative health promotion strategies.

Corporate Medicals

PEAK's medical department employs a dedicated team of professionals including medical & nursing staff. We provide a high quality corporate medical service on a national basis.

PEAK Corporate Medicals have the aim of detecting, preventing, and optimising the management of the leading causes of death and morbidity in our modern Australian society - cardiovascular disease and cancer.

Executive Medical Suite Locations

Executive medical suites in each major city provide the ideal environment tailored to the corporate professional.

- Melbourne
- Canberra
- Sydney
- Newcastle
- Brisbane
- Orange
- Perth
- Hobart
- Adelaide
- Launceston

Support Services

PEAK can provide a variety of support services to make for a premium experience.

Options include:-

- Online bookings
- Follow up and referrals
- Dedicated websites
- Individual showbag and toiletry packs
- Email and sms appointment reminders
- Chauffeur service

Corporate Medical Levels

PEAK provides a number of pre-packaged medical levels to choose from as well as providing the opportunity for clients to customise levels to their needs.

	Pre Employment	Men's Health	Women's Health	Level 1	Level 2	Level 3	Level 4
Duration	45min	1hr	1hr	1hr	1hr 30min	2hr 15min	4hr
Personal Health Questionnaire		•	•	•	•	•	•
Physical & Clinical Exam	•	•	•	•	•	•	•
Cardiovascular Disease Risk (over 45 years)		•	•	•	•	•	•
Type 2 Diabetes Risk		•	•	•	•	•	•
Audiometry	•				•	•	•
Body Composition		•	•	•	•	•	•
Pathology		•	•	•	•	•	•
Vision (Distance & Colour)	•			•	•		
Vision (Distance, Near Point & Colour)						•	•
Resting ECG					•	•	•
Stress ECG						•	
Stress Echocardiogram							•
Spirometry					•	•	•
Depression, Anxiety, Stress Analysis						•	•
Dietary Analysis						•	•
Urinalysis (Ward Test)	•						
Fit/Unfit for Work report	•						
Results Report - CD or Email		•	•	•	•	•	•

Pre - Employment Medical (45 minutes)

- Physical and Clinical Examination
 - Cardiovascular system including blood pressure and pulse
 - Abdominal system
 - Respiratory system
 - Lymph nodes
 - Ears, nose, throat, mouth and thyroid examination
 - CNS – balance and coordination
 - Skin examination
 - Musculoskeletal examination
 - BMI (height and weight)
 - Waist measurement
- Audiometry
- Vision
- Urinalysis (Ward test)
- Fit/Unfit for work report

PEAK Medical - Level I (1 hour)

- Personal Health Questionnaire
- Physical and Clinical Examination
 - Cardiovascular system including blood pressure
 - Abdominal and genitourinary system
 - Respiratory system
 - Lymph nodes
 - Eyes, ears, nose, throat and mouth examination
 - Endocrine system
 - CNS – Balance & coordination
 - Neurological system
 - Skin examination
 - Musculoskeletal examination
 - Physical prostate examination (DRE) – where applicable
- Body Composition
 - Body Mass Index (BMI)
 - Body fat percentage
 - Waist measurement
- Pathology
 - Full Blood Examination (FBE)
 - Urea, electrolytes and creatinine (kidney function)
 - Liver Function Test (LFT)
 - Fasting blood sugar
 - Cholesterol (HDL & LDL, triglycerides)
- Cardiovascular Disease Risk (over 45 years)
- Type 2 Diabetes Risk
- Vision (distance and colour)
- Results report – CD format or electronic

PEAK Medical - Level 2 (1 hour 30 minutes)

- Personal Health Questionnaire
- Physical and Clinical Examination
 - Cardiovascular system including blood pressure, pulse and regularity
 - Abdominal and genitourinary system
 - Respiratory system
 - Lymph nodes
 - Eyes, ears, nose, throat and mouth examination
 - Endocrine system
 - CNS – Balance & coordination
 - Neurological system
 - Skin examination
 - Musculoskeletal examination
 - Physical prostate examination (DRE) – where applicable
- Audiometry
- Body Composition
 - Body Mass Index (BMI)
 - Body fat percentage
 - Waist measurement
- Pathology
 - Full Blood Examination (FBE)
 - Urea, electrolytes and creatinine (kidney function)
 - Liver Function Test (LFT)
 - Calcium
 - Fasting blood sugar
 - Cholesterol (HDL & LDL, triglycerides)
 - Iron Studies
 - Vitamin B12
 - RC Folate
 - Thyroid Function Tests (TFT)
 - Urine – microscopy, Albumin:Creatinine ratio
 - 50 years or over (Men) – Prostate Specific Antigen, Vitamin D
 - 50 years or over (Women) – Vitamin D
- Cardiovascular Disease Risk (over 45 years)
- Type 2 Diabetes Risk
- Vision (distance and colour)
- Resting ECG
- Spirometry
- Results report – CD format or electronic



PEAK Medical - Level 3 (2 hours 30 minutes)

- Personal Health Questionnaire
- Physical and Clinical Examination
 - Cardiovascular system including blood pressure, pulse and regularity
 - Abdominal and genitourinary system
 - Respiratory system
 - Lymph nodes
 - Eyes, ears, nose, throat and mouth examination
 - Endocrine system
 - CNS – Balance & coordination
 - Neurological system
 - Skin examination
 - Musculoskeletal examination
 - Physical prostate examination (DRE) – where applicable
- Audiometry
- Body Composition
 - Body Mass Index (BMI)
 - Body fat percentage
 - Waist measurement
- Pathology
 - Full Blood Examination (FBE)
 - Urea, electrolytes and creatinine (kidney function)
 - Liver Function Test (LFT)
 - Calcium
 - Fasting blood sugar
 - Cholesterol (HDL & LDL, triglycerides)
 - Iron Studies
 - Vitamin B12
 - RC Folate
 - Thyroid Function Tests (TFT)
 - Urine – microscopy, Albumin:Creatinine ratio
 - 50 years or over (Men) – Prostate Specific Antigen, Vitamin D
 - 50 years or over (Women) – Vitamin D
- Cardiovascular Disease Risk (over 45 years)
- Type 2 Diabetes Risk
- Vision (distance, near point and colour)
- Resting ECG
- Stress ECG
- Spirometry
- Depression, Anxiety, Stress Analysis
- Dietary Analysis
- Results report – CD format or electronic

PEAK Medical - Level 4 (4 hours)

- Personal Health Questionnaire
- Physical and Clinical Examination
 - Cardiovascular system including blood pressure, pulse and regularity
 - Abdominal and genitourinary system
 - Respiratory system
 - Lymph nodes
 - Eyes, ears, nose, throat and mouth examination
 - Endocrine system
 - CNS – Balance & coordination
 - Neurological system
 - Skin examination
 - Musculoskeletal examination
 - Physical prostate examination (DRE) – where applicable
- Audiometry
- Body Composition
 - Body Mass Index (BMI)
 - Body fat percentage
 - Waist measurement
- Pathology
 - Full Blood Examination (FBE)
 - Urea, electrolytes and creatinine (kidney function)
 - Liver Function Test (LFT)
 - Calcium
 - Fasting blood sugar
 - Cholesterol (HDL & LDL, triglycerides)
 - Iron Studies
 - Vitamin B12
 - RC Folate
 - Thyroid Function Tests (TFT)
 - Urine – microscopy, Albumin:Creatinine ratio
 - 50 years or over (Men) – Prostate specific antigen, Vitamin D
 - 50 years or over (Women) – Vitamin D
- Cardiovascular Disease Risk (over 45 years)
- Type 2 Diabetes Risk
- Vision (distance, near point and colour)
- Resting ECG
- Stress Echocardiogram
- Spirometry
- Depression, Anxiety, Stress Analysis
- Dietary Analysis
- Results report – CD format or electronic



Men's Health Medical (1 hour)

This medical has been designed to address male health risk factors addressing issues such as:-

- Cardiovascular health
- Sexual health including erectile dysfunction
- Fertility issues
- Cancer - prostate, bowel
- Genital issues
- Androgen deficiency
- Gynecomastia
- Mental health

The Men's Health Medical is inclusive of:-

- Personal Health Questionnaire
- Physical and Clinical Examination
 - Blood Pressure
 - Testicular examination
 - Digital Prostate examination - if required
- Body Composition
 - Body Mass Index (BMI)
 - Body fat percentage
 - Waist measurement
- Pathology
 - FBE, EUC, LFT, BSL, Lipids, Fe studies, TFT
 - Vitamin D if ≥ 50 yo
 - PSA+F/T ratio if ≥ 50 yo or ≥ 40 yo with a first degree family history of prostate cancer
- Cardiovascular Disease Risk (over 45 years)
- Type 2 Diabetes Risk
- Educational material
- Results report – CD format or electronic

Women's Health Medical (1 hour)

This medical has been designed to address female health risk factors addressing issues such as:-

- Menstrual disturbances
- Pre-menstrual syndrome
- Sexual health
- Contraception
- Fertility issues
- Pre-Pregnancy issues
- Cancer - cervical, breast, ovarian, endometrial
- Pre / Post Menopausal issues
- Osteoporosis
- Post menstrual cardiovascular health
- Incontinence

The Women's Health Medical is inclusive of:-

- Personal Health Questionnaire
- Physical and Clinical Examination
 - Blood Pressure
 - Breast examination
- Body Composition
 - Body Mass Index (BMI)
 - Body fat percentage
 - Waist measurement
- Pathology
 - FBE, EUC, LFT, BSL, Lipids, Fe studies, B12, RC Folate, TFT, Vitamin D if ≥ 50 yo,
 - Pre-Pregnancy Screening if required: Vitiman D, Anti-HepBs, HepBc, HepBs, Rubella/Varicella/CMV/Toxo/Parvovirus/HCV/HIV/Treponema serology
- Cardiovascular Disease Risk (over 45 years)
- Type 2 Diabetes Risk
- Paps Smear if required
- Educational material
- Results report – CD format or electronic

NB: in the instance of a male appointed doctor, patients will have the option of a female chaperone during the examination.

Travel Health Consultations (1 hour)

This service has been designed to provide the corporate traveller with information and required vaccinations before embarking on their trip.

It deals with travel specific health issues such as:-

- Mosquito and other insect-borne illnesses
- Food and water illnesses
- Travel immunisation
- Altitude illnesses
- Air travel illnesses - e.g. jet lag, deep venous thrombosis
- Avian influenza
- SARS
- Miscellaneous advice regarding motion sickness, sexual health abroad, climate concerns, self treatment of minor problems, legalities etc

The service is inclusive of:-

- Doctor consultation and advice
- Prescriptions
- Vaccinations
- Educational material
- Vaccination summary

NB: Follow up consultations may be required to complete vaccination courses or boosters.

Drug and Alcohol Screening

In our experience, alcohol and illicit substance abuse in the workplace is increasingly becoming a major human resources and employee relations issue especially as pressure from insurers and workplace safety representatives mounts.

Aside from the health risks of drug use, even casual users may remain affected for days after, affecting work performance and increasing the risk of accidents.

Screening for drugs of abuse contributes to achieving a safer workplace. Other benefits also include:

- Reduced risk of accidents
- Increased productivity which leads to greater profitability
- Decreased risk to the employer of liability claims
- Meeting occupational health regulatory and legislative requirements

PEAK provides a number of screening options including:-

- Observed specimen collection
- Unobserved specimen collection

Health Screenings

Health Screenings are conducted at your premises providing quick on the spot results for employees. They can be stand alone initiatives or can form part of a formal wellness program. Packaged options can encompass a number of individual components in the one appointment, e.g. health appraisals.

Screenings include, but are not limited to:-

- Blood Pressure
- Total Cholesterol
- Glucose
- Skin Checks
- Lung Function
- Bone Density
- Body Composition
- Audiometry
- Vision
- Fitness
- Back and Posture
- Cellular Age

Health Appraisals

Health appraisals have been developed to provide a packaged solution that encompasses a variety of health screening components within the one appointment.

PEAK can also tailor a Health Appraisal to suit.

	Heart Health Level 1	Heart Health Level 2	Heart Health Level 3	HA - Level 1	HA - Level 2	HA - Level 3	Body Composition	Fitness Appraisal
Duration	10min	15min	20min	20min	30min	35min	10min	30min
Glucose	●	●	●	●	●	●		
Total Cholesterol	●	●	●	●	●	●		
Cholesterol (Total/HDL)			●					
Blood Pressure	●	●	●	●	●	●		●
Waist Measurement		●	●	●	●	●	●	
Type 2 Diabetes Risk		●	●	●	●	●		
Cardiovascular Disease Risk (Over 45 years)			●					
BMI (Height & Weight)				●	●	●	●	●
Body Fat Percentage				●	●	●	●	●
Fitness Test					●	●		●
Lung Function						●		
Flexibility Test								●
Abdominal Strength								●
Upper Body Strength								●

