

Personalized health assessment



Our head-to-toe health check will give you a 360-degree picture of your current health and a personalized plan to help you live your healthiest life.

- Personalized health risk assessment
- Advanced laboratory and diagnostic screening based on personal risk profile
- Full physical examination
- Comprehensive medical history and intake
- Full one-hour fitness and functional movement assessment with a kinesiologist
- Full one-hour nutritional assessment and consultation with a registered dietitian
- Immunization review and flu shots
- Comprehensive multidisciplinary health report and review of recommendations
- Post-assessment 30-minute follow-up consultation with your TELUS Health Care Centres physician to discuss your health goals and provide you with your personalized health report

Three reasons to book your personalized health assessment at TELUS Health Care Centres.



1. Get a snapshot of your personal health status and disease risk factors.

Your first PHA captures a comprehensive, head-to-toe view of your current health and wellbeing, so that your care team can help devise a plan to help improve and optimize it in the short- and long-term.



2. Help detect issues at the earliest possible stage.

Most of us know that early detection is key to helping prevent or delay the onset of disease. But some diseases can progress slowly, and without symptoms. The PHA is designed to help identify issues at an early stage, even before you notice symptoms.



3. Receive expert coaching to help you make impactful improvements.

The PHA can lay the groundwork for making behavioural and lifestyle modifications to reach your health goals.

Our programs include fitness and personal training, ongoing nutrition and weight management coaching, at-home workstation ergonomics evaluation and support, mental health services, genetic screening, counselling services and more.

Take the first step in your journey towards better health.