



Executive Health Assessment at Mayo Clinic Healthcare

Mayo Clinic's world-renowned health assessment service, trusted by over 20,000 individuals each year, available in London.



Introduction

A world-class healthcare experience available in the Harley Street District of London

At Mayo Clinic Healthcare in London, our Executive Health Assessment is designed to give you a clear and comprehensive picture of your health and serves as an integral part of your overall healthcare journey, helping you maintain a fully functional life. Using the latest diagnostic technologies and proven, evidence-based methods, we look closely at your current wellbeing and identify areas that may need attention now or in the future.

We place strong emphasis on longevity and understand that sudden, unexpected ill-health often stems from heart problems or the untimely diagnosis of cancer. At Mayo Clinic Healthcare, your Executive Health Assessment focuses on these critical areas alongside your overall health evaluation. Additionally, we can assess your biological age and offer insight into your long-term health by measuring your VO₂ max.

Your assessment takes place in our modern, state-of-the-art clinic. Results are reviewed promptly, giving you timely insights and personalised recommendations tailored to your

individual health needs.

As part of your assessment, you'll have direct access to a wide range of on-site specialists, including experts in cardiology, respiratory medicine, neurology, gastroenterology, and endocrinology. And because we're seamlessly connected to Mayo Clinic's global network of more than 7,300 medical experts, you can be confident you're receiving world-class care and guidance at every step.

Who is it for?

The Executive Health Assessment at Mayo Clinic Healthcare is open to everyone, from individuals wanting to invest in their own health, to business leaders, entrepreneurs, and professionals seeking proactive, data-driven insights into their health.

Many companies also provide executive health assessments for directors, partners, and senior teams to support wellbeing, mitigate key person risk, and demonstrate a commitment to preventative healthcare.





Research by Mayo Clinic has found that **53% of patients** had new and clinically important diagnoses discovered through the health assessment programme, **51%** which might not have been picked up by traditional assessments guidelines



Our state-of-the-art services and facilities

Our services and facilities bring together leading specialists, cutting-edge technology, and seamless patient care.

- Dedicated cardiology department, offering advanced diagnostics including echocardiography, stress testing, cardiac monitoring, electrocardiogram (ECG), and cutting-edge cardiac imaging, CT coronary angiography and cardiac MRI, to enable early and precise detection of heart conditions.
- Specialist respiratory department providing comprehensive diagnostics, including cardiopulmonary exercise testing (CPET), spirometry, and advanced lung imaging, to support early and accurate detection of respiratory conditions.
- Advanced endoscopy suite with high-resolution diagnostic procedures for digestive health, including gastroscopy and colonoscopy, supporting early detection of gastrointestinal conditions in a safe, comfortable setting.
- Advanced cancer screening options to detect early signs of disease (bowel, breast, lung, prostate, cervical, ovarian).
- Cutting-edge imaging technologies including:
 - o Siemens 3 Tesla MRI to provide ultra-high-resolution imaging.
 - o Siemens SOMATOM Force CT to deliver ultra-fast dual-energy scanning with an exceptionally low radiation dose.
 - o DEXA scanning - widely regarded as the gold standard for accurately measuring bone density and body composition.
- Comfortable and discreet environment with executive facilities, secure Wi-Fi and private space to attend to work matters.
- Access to the Mayo Clinic Patient Portal, with secure messaging, test results, and personalised health information.

What to expect from your Executive Health Assessment

1

Your Executive Health Assessment will take place at our state-of-the-art clinic.

2

You will be assigned an experienced doctor who is dedicated to your assessment pathway as well as providing a personal, private GP service if you need it following your health assessment.

3

Each Executive Health Assessment starts with an in-depth pre-visit call with your doctor to understand your overall health and identify any concerns. At this point you will also be assigned a preventative cardiologist.

4

Following this, a thorough, comprehensive and personalised itinerary of examinations and tests will be put together meaning that your visit is efficient and you have more time with your doctor to review your current health, and any concerns you wish to raise.

5

Our Executive Health Assessments are tailored to each individual, taking into account age, gender, life stage and any identified risk factors. We are committed to clinical precision and avoid unnecessary screening, ensuring each assessment is both relevant and evidence-based.

6

By scheduling a range of assessments during your visit, we build a comprehensive picture of your health profile, while giving you the convenience of completing all your tests in one place, at one time.

7

Once all of your test results have been collated you will have unhurried time with your clinical team to review the test results, ask any questions and discuss any recommendations to support health and wellbeing.

8

A follow up letter with recommendations is sent following the assessment, additional tests or diagnostics will be discussed with you and can be scheduled to suit your needs. Finally, a detailed Executive Health Assessment report is sent once all test results have been collated.



Protocol of services

The foundation of every assessment based
on age, gender and medical history

Initial visit for all ages, both male and female

- Unhurried appointment with your Executive Health Doctor
- Full medical and family history review
- Immunisation review
- Comprehensive physical examination
- Vital signs check (blood pressure, heart rate, oxygen saturation)
- Body Mass Index (BMI)
- Lifestyle assessment
- Depression and general anxiety screening
- Detailed blood tests with over 50 biomarkers (including cholesterol & lipid profile, iron levels, vitamin D, vitamin B12, thyroid function)
- Clotting (coagulation) screen
- Urine microbiology analysis including glucose, pH balance, protein levels, kidney function
- Diabetes screen with QDiabetes risk score
- Liver function screen
- Uric acid test for metabolic health and gout
- Lung function test (spirometry)
- Hearing check
- Eye health check
- Skin health check
- DEXA scan (body composition, bone density and osteoporosis risk)
- Cardiac inflammatory markers
- Electrocardiogram (ECG)
- Echocardiogram (heart ultrasound)
- QRisk cardiac score
- Abdominal examination
- Bowel cancer screening (qFIT stool test)
- Cervical smear test (**women**)
- CA125 and HE4 tumour markers with risk of ovarian malignancy (**women**)

Initial visit ages 40-44 (includes all tests in addition to the following)

- Ambulatory blood pressure
- Carotid artery ultrasound (doppler)
- Abdominal aorta ultrasound
- CT coronary angiogram with calcium score
- Breast cancer screening **(women)**
- Mammogram **(women)**
- Testicular and prostate examination **(men)**
- Prostate specific antigen (PSA) **(men)**

Initial visit ages 45+ (includes all tests in addition to the following)

- Colonoscopy (bowel cancer screening)

Follow up

- Comprehensive follow up appointment with your Executive Health Doctor
- Detailed medical report with life stage, lifestyle advice and recommendations
- Follow up appointment at 6 months

Subsequent visits

The initial visit is more comprehensive, and subsequent visits will be shorter and less expensive, as some tests are not recommended annually.

Additional services*

Based on symptoms, conditions, personal and family medical history, and other risk factors:

- Following your CT coronary angiogram, you may require a stress echocardiogram, cardiac MRI/stress cardiac MRI, specialist cardiac blood tests and detailed cardiovascular risk report.
- Additional imaging (MRI, CT, ultrasound)
- Additional blood tests

Advanced services*

Based on individual concerns and interests. Please refer to page 18 for further information.

*These services incur an additional cost





Advanced Cancer Screenings at Mayo Clinic Healthcare

At Mayo Clinic Healthcare, we go beyond the standard cancer screening tests to offer something truly different and specialist.

Of course, we provide the normal cancer screens you would expect, such as colonoscopy, mammography, and PSA testing. But what sets us apart is our ability to offer a package of cutting edge cancer molecular diagnostics, developed by Mayo Clinic, who are world leaders in this field.

Specialist Cancer Screening Services We Provide:

- **Cologuard for colon cancer:**
Detects mutated tumour or adenoma DNA in stool, offering a non invasive way to identify risk early.
- **Cancer susceptibility gene expression panels:**
These validated tests help reveal inherited risks and are available right here in London.
- **Galleri liquid biopsy:**
A revolutionary blood test that can detect tumour DNA circulating in the bloodstream, opening the door to earlier detection across multiple cancer types. This test will be available by June 2026.

How this benefits our patients:

By combining traditional screening with advanced molecular diagnostics, we can identify cancer risks earlier, provide more precise insights, and tailor care to each patient's unique profile. This means greater peace of mind and access to world leading expertise, all within Mayo Clinic Healthcare in London.





Expert Cardiology Care at Mayo Clinic Healthcare

At Mayo Clinic Healthcare, we are proud to offer something truly unique: a team of exceptionally high quality cardiologists right here in London.

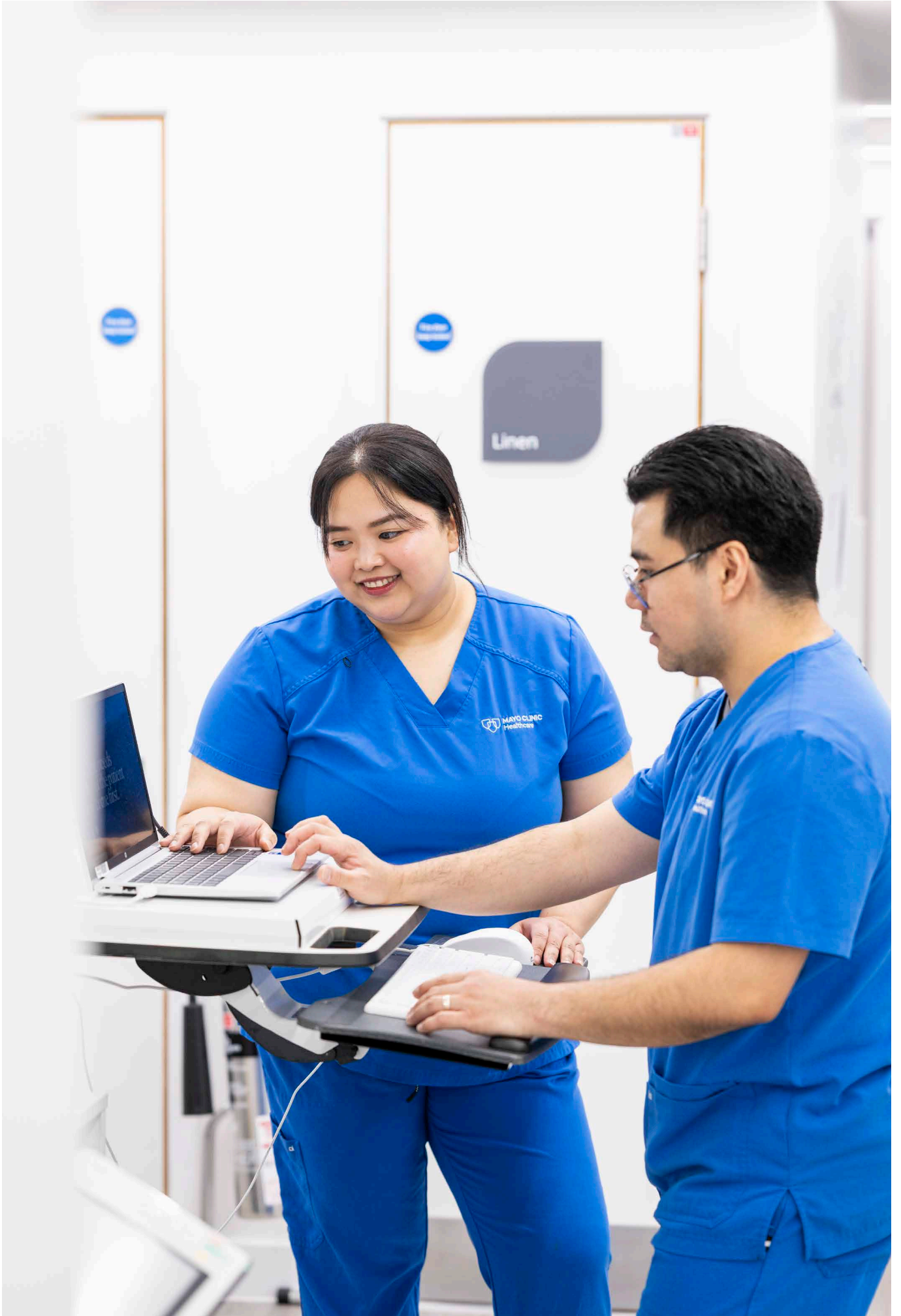
On close alignment with Mayo Clinic in the US, we have developed dedicated pathways for cardiovascular care that place a strong emphasis on prevention. This program ensures that patients benefit from world class expertise from the very beginning.

How it works:

- 1 Our preventative cardiologists will be involved from the outset of your assessment.
- 2 Once important health information is available, such as family history of coronary artery disease (CAD), lipid profiles, cardiac inflammatory profiles, and CT calcium score or CT coronary angiography (CT CA) our team can step in quickly.
- 3 This early triage will identify patients who may need specialist cardiology care sooner rather than later.
- 4 When a clinical indication for referral is present, patients are seamlessly directed to our cardiologists, with consultations funded by their medical insurance.

Why this matters:

By involving cardiologists early and focusing on prevention, we can detect risks sooner, provide timely care, and give patients peace of mind knowing that their heart health is in expert hands.





Longevity and Preventive Health at Mayo Clinic Healthcare

At Mayo Clinic Healthcare, we are unique in offering an accurate measurement of VO₂ max, the gold standard for assessing cardiovascular fitness. This is possible because we have a fully functional Cardiopulmonary Exercise Testing (CPET) hardware, used by our expert Cardiology team.

Specialist Services We Provide:

- **VO₂ max measurement** – a precise way to assess your cardiovascular fitness and endurance.
- **Basal Metabolic Rate (BMR) assessment** – calculated directly from VO₂ max using a straightforward algorithm we can implement.



What this means for you:

By measuring VO₂ max, we can give you a clear picture of your biological age and long term health outlook. This empowers you to track improvements over time, celebrate the impact of lifestyle changes, and gain confidence knowing that even small steps toward better fitness can lead to meaningful gains in longevity. At Mayo Clinic Healthcare you will gain access to:

- **Evidence based insights:**
Decades of research show a strong link between VO₂ max, disease free longevity, and biological age.
- **Sequential testing:**
You can repeat the test after improving your cardiovascular fitness, providing real world data on how your biological age is changing.
- **Global data advantage:**
Even modest increases in VO₂ max are proven to deliver significant health gains.

Together, these benefits mean you're not just getting numbers, you're gaining powerful, personalised insights into your health, your future, and the steps you can take to live longer, healthier, and stronger.

Optional and Advanced Services

Beyond your Executive Health Assessment, we also offer a selection of advanced tests that can be arranged on their own.

These optional tests are designed to give you even greater clarity and peace of mind, tailored to your unique health needs. Whether you're looking for deeper insights or simply extra reassurance, they provide an added layer of understanding about your wellbeing.

Below, you will find the advanced tests available to you:

- **Travel health review and vaccinations** - to ensure you're protected against region-specific diseases like rabies or typhoid.
- **Genetic testing** - To identify whether you may have a predisposition or an elevated risk of developing specific conditions, including certain cancers.
- **Pharmacogenomics** - to analyse how genes influence responses to medications such as antidepressants, blood thinners, and cancer therapies. Results can be integrated into your medical record to guide future prescriptions.
- **Whole body MRI** - non-invasive full-body scan to detect structural abnormalities and early signs of disease across multiple organ systems.
- **Cognitive health assessment with brain MRI** - evaluation of memory, and neurological health including dementia
- **Hormonal and metabolic profiling** - detailed assessment of hormones and metabolism to support energy, resilience, and healthy ageing. Includes guidance through key life stages such as menopause, andropause, and mid-life changes.

These services can be added to your Executive Health Assessment for an additional fee for a comprehensive approach to prevention and longevity.





One extraordinary health assessment programme,
four locations.



LONDON,
UNITED KINGDOM
15 Portland Place
London, W1B 1PT



SCOTTSDALE,
ARIZONA
13400 East Shea Boulevard
Scottsdale, AZ 85259



ROCHESTER,
MINNESOTA
200 First Street SW
Rochester, MN 55905



JACKSONVILLE,
FLORIDA
4500 San Pablo Road
Jacksonville, FL 32224

Contact

If you'd like to learn more about our Executive Health Assessment Service and how this could support your long-term wellbeing, our team is here to help. We'll explain what's included, answer any questions, and guide you through how the assessment could benefit your individual health needs. Please get in touch to explore your options.

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