

A man and a woman are riding bicycles on a grassy path. The woman is on a red bicycle and the man is on a silver bicycle. They are both smiling and looking towards each other. Above them is a large tree with many green leaves, and sunlight is filtering through the branches. The overall scene is bright and cheerful, suggesting a healthy and active lifestyle.

lifefirst

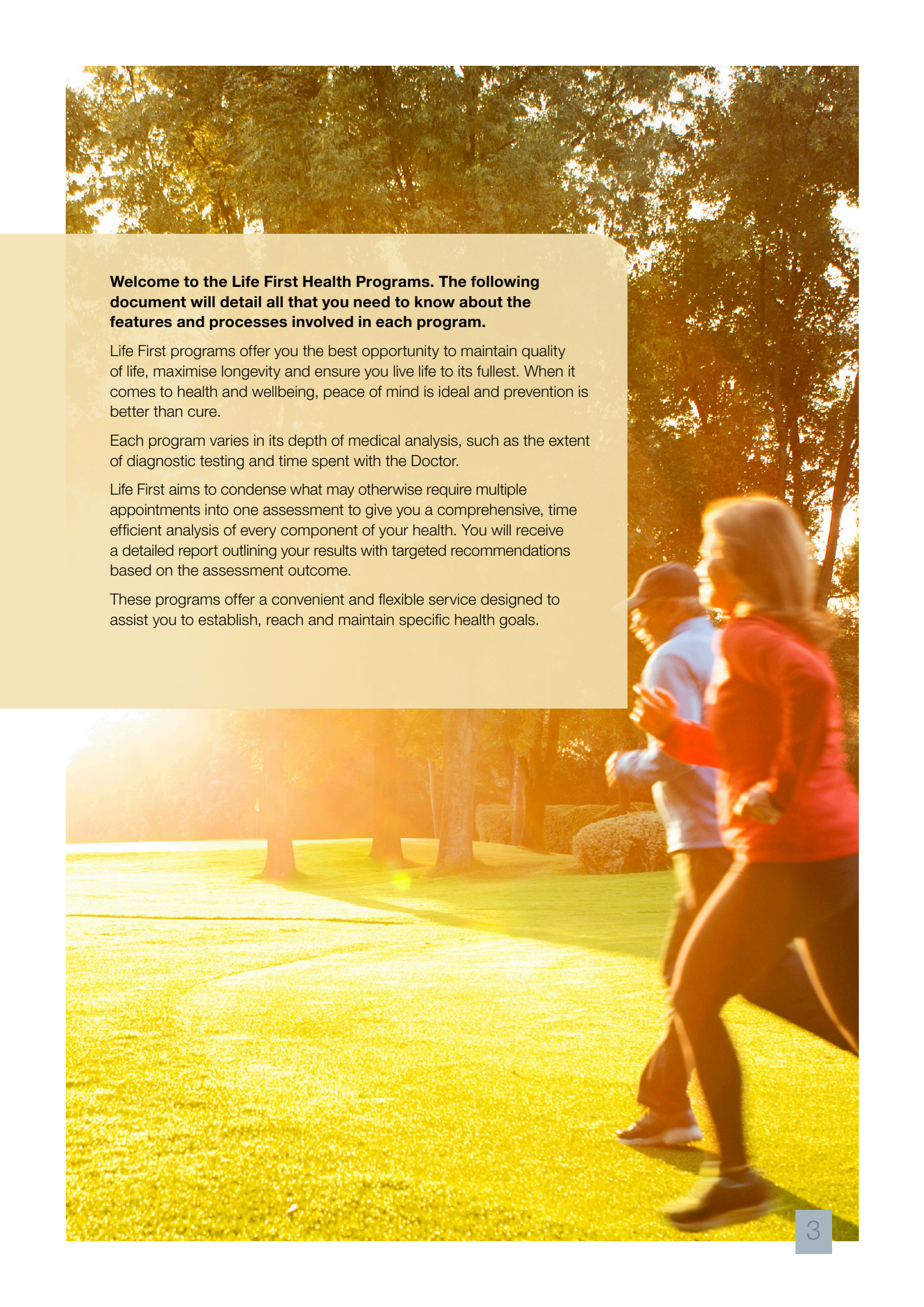
Life First Programs

it all leads
to a **healthier**
you



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Welcome to the Life First Health Programs. The following document will detail all that you need to know about the features and processes involved in each program.

Life First programs offer you the best opportunity to maintain quality of life, maximise longevity and ensure you live life to its fullest. When it comes to health and wellbeing, peace of mind is ideal and prevention is better than cure.

Each program varies in its depth of medical analysis, such as the extent of diagnostic testing and time spent with the Doctor.

Life First aims to condense what may otherwise require multiple appointments into one assessment to give you a comprehensive, time efficient analysis of every component of your health. You will receive a detailed report outlining your results with targeted recommendations based on the assessment outcome.

These programs offer a convenient and flexible service designed to assist you to establish, reach and maintain specific health goals.

What's involved

in the Health and Lifestyle Program

This program is aimed at providing you with an examination of your current health status and provides information and assistance on how to improve your health risks. You will spend time with a medical practitioner, exercise physiologist and receive a telephonic consultation with an accredited practicing dietitian.

This service takes up to 90 minutes to complete and includes:

- Up to 45 minutes consultation with the Doctor
- Up to 45 minutes consultation with the Exercise Physiologist
- Up to 60 minutes follow up telephone consultation with a degree qualified Dietitian

The program includes the following clinical measures, assessments and deliverables:

Personal Lifestyle and Medical Questionnaire

- Personal & family health history
- Lifestyle profile (including alcohol, smoking, activity and nutrition)
- Psychological health
- Sleep questionnaire

Comprehensive Health and Physical Examination

- Personal symptoms review
- 'Head to Toe' examination including ears, eyes, nose, mouth, glands, abdomen, liver, spleen, kidney, hernias, heart sounds, blood pressure, peripheral pulses, musculoskeletal and lung auscultation
- Lifestyle discussion

Pathology

- Fasting lipids to help define cardiovascular risk
- Fasting blood sugar and HbA1c to detect type 2 diabetes
- MBA20 to test liver function, kidney function and electrolytes
- Full blood count

ECG

- Resting ECG to detect cardiac abnormalities by measuring the electrical activity generated by the heart as it contracts

Deliverables

- Comprehensive report including ECG, pathology and other optional tests
- Comparison with previous test(s) showing changes over time (if previous assessments were conducted by Life First)

What's involved

in the Complete Health Program

This program is aimed at providing you with a thorough medical assessment of your current health status and the early detection of potentially life threatening illnesses. You will also spend time with our specialised health coaches and will receive information and guidelines on how to improve your lifestyle.

This service takes approximately 2 hours to complete and includes:

- 60 minute consultation with the Doctor
- Consultation with the Exercise Physiologist
- Three (3) telephone consultations with a degree qualified Dietitian or Health Coach

The program includes the following clinical measures, assessments and deliverables:

Personal Lifestyle and Medical Questionnaire

- Personal & family health history
- Lifestyle profile (including alcohol, smoking, activity and nutrition)
- Psychological health
- Sleep questionnaire

Comprehensive Health and Physical Examination

- Personal symptoms review
- 'Head to Toe' examination including ears, eyes, nose, mouth, glands, abdomen, liver, spleen, kidney, hernias, heart sounds, blood pressure, peripheral pulses, musculoskeletal and lung auscultation
- Review of skin for skin cancers
- Gender specific tests such as prostate & testicular examination, pelvic examination & Pap smears and breast examination
- Lifestyle discussion

Extensive Pathology

- Full blood count
- MBA20 to test liver function, kidney function and electrolytes
- Vitamin D, thyroid function test and ferritin

- Urine analysis
- Fasting lipids to help define cardiovascular risk
- Fasting blood sugar and HbA1c to detect type 2 diabetes

Cardiac Tests

- Resting ECG to detect cardiac abnormalities by measuring the electrical activity generated by the heart as it contracts
- Exercise ECG to assess your exercise tolerance and determine how well your heart responds during times when it is working the hardest

Physiological

- Vision and hearing test
- Abdominal strength and flexibility
- Lung function test

Deliverables

- Comprehensive report including pathology and ECG
- Comparison with previous test(s) showing changes over time (if previous assessments were conducted by Life First)

What's involved

in the Men's and Women's Comprehensive Health Program

This indepth program takes up to 3 hours to complete plus scanning time. This program includes a comprehensive medical assessment and health management program including extensive pathology, a choice of radiology and unlimited support from a Health Coach over a 3 month period. This service includes:

- 90 minute consultation with the Doctor
- Consultation with the Exercise Physiologist
- Unlimited telephonic support from a Health Coach over a 3 month period

The program includes the following clinical measures, assessments and deliverables:

Personal Lifestyle and Medical Questionnaire

- Personal & family health history
- Lifestyle profile (including alcohol, smoking, activity and nutrition)
- Psychological health
- Sleep questionnaire

Comprehensive Health and Physical Examination

- Personal symptoms review
- 'Head to Toe' examination including ears, eyes, nose, mouth, glands, abdomen, liver, spleen, kidney, hernias, heart sounds, blood pressure, peripheral pulses, musculoskeletal and lung auscultation
- Review of skin for skin cancers
- Gender specific tests such as MRI prostate & testicular examination, pelvic examination & Mammogram, Thin Prep, Pap smears and breast examination

* Males can choose an MRI of the Prostate or CT Angiogram. Females can choose a Bone Density Scan, Mammogram & Breast Ultrasound or CT Angiogram

Extensive Pathology

- Full blood count
- Thyroid function tests
- MBA20 to test liver function, kidney function and electrolytes

- Vitamin D
- Urine analysis
- Iron studies, vitamin B12 and folate
- Fasting lipids to help define cardiovascular risk
- Hs-CRP to detect cardiovascular disease
- Fasting blood sugar and HbA1c to detect type 2 diabetes

Cardiac Tests

- Resting ECG to detect cardiac abnormalities by measuring the electrical activity generated by the heart as it contracts
- Exercise ECG to assess your exercise tolerance and determine how well your heart responds during times when it is working the hardest

Physiological

- Vision and hearing test
- Abdominal strength and flexibility
- Lung function test

Deliverables

- Comprehensive report including pathology and ECG
- Comparison with previous test(s) showing changes over time (if previous assessments were conducted by Life First)

What's involved

in the Bespoke Health Program

This unrivalled program combines the expertise of some of Australia's finest practitioners – all delivered over a 2 day period. You will receive a thorough specialist health and wellbeing evaluation from a professional team including world-renowned medical experts at the St Vincent's Clinic and the Life First Clinical Director. The components of the assessment will be determined in consultation with the Life First Clinical Director based on your individual health needs. Accommodation in Sydney can be organised along with travel to and from the airport or from the hotel.

The assessment may include the following components.

Clinical evaluation

- a thorough clinical assessment, includes review of questionnaire, comprehensive medical examination and discussion of key health risk areas.

Relevant specialist referrals

- eg. Cardiologists, Neurologists, Urologists, Gynaecologists and others are arranged as appropriate.

Musculoskeletal evaluation

- including assessment of the spine and major joints.

Physiological assessments

- a range of assessments conducted by an Exercise Physiologist including height, weight, blood pressure, lung function, abdominal strength and flexibility. Vision and hearing assessments are also performed to assess eyesight and hearing levels.

Pathology tests

- complete biochemical screening including for the detection of serious illnesses such as some cancers, diabetes, and heart disease.

Lifestyle assessment

- including review of nutrition, alcohol, smoking, exercise habits and stress management techniques.

Stress Echocardiogram

- a stress test performed on a treadmill with examination of the heart before and after exercise, under ultrasound. This determines how well your heart and blood vessels are working.

Skin examination

- performed by a Dermatologist — to detect early signs of cancer / melanoma and abnormal skin pathology.

Doppler testing of ankle, carotid, vertebral and abdominal arteries

- screening to detect any narrowing of the arteries that may lead to strokes and / or lack of blood flow to the legs.

Bone density scan

- testing to determine the presence of any level of bone loss including osteoporosis.

CT coronary angiogram

- non-invasive test to image the coronary arteries and identify coronary artery disease.

Coronary calcium scan

- non-invasive test that detects and measures the amount of calcium in your coronary arteries, an indicator of heart disease.

MRI prostate

- detailed imaging of the prostate and surrounding structures to assist in the diagnosis, or exclusion, of prostate cancer.

Mammography, breast ultrasound & pelvic ultrasound

- to screen for breast and abdominal disease.

Colonoscopy

- fibre optic examination of the colon for polyps, cancer or other abnormalities of the colon. This may also include stomach examination (endoscopy) if clinically indicated.

What's involved

in the GoNavigate™ Program

The GoNavigate™ program is delivered in partnership with Genome.One (A wholly owned subsidiary by the Garvan Institute of Medical Research). You will spend time one-on-one with doctors who specialise in preventative healthcare, exercise physiologists, dietitians and genetic health professionals.

The assessment may include the following components.

The GoNavigate™ program will offer you insights on:

Your current health status

A thorough medical assessment in consultation with our doctors and exercise physiologists including:

- Head-to-toe physical examination
- Resting and stress ECG
- Full physiology review and analysis
- Extensive pathology testing

Your genome

A thorough medical assessment in consultation with our doctors and exercise physiologists including:

- 31 cancers
- 13 cardiac conditions
- 5 other hereditary conditions

Your genome testing includes an analysis predicting your likely response to certain medications. This information may help your healthcare professional to prescribe the most appropriate medications for you.

Please note that there are other non-genetic factors, which also contribute to your body's response to medications.

As part of the program you will:

Complete your detailed health questionnaire

- This includes family history, lifestyle and medications. You will receive a guide on genetics and whole genome sequencing to help you understand the potential use and impact of the results that you may receive.

Visit our Life First clinic to meet our experienced doctors and exercise physiologists

- You will be asked to provide blood and urine samples for testing and complete a full medical assessment. Full details of the tests are available at www.genome.one/personal-health-genomics

Meet a genetic health professional from Genome.One

- This is an opportunity to discuss any questions you may have about genetics and whole genome sequencing. At this time, you can provide consent to continue with the full GoNavigate™ program, or undertake LifeFirst (only).

Receive your results

- Your medical assessment results will be available from our Life First clinic one week after your visit. Your complete GoNavigate™ report will be available within 12 weeks.

Speak with your health coach

- Your health coach will provide personalised information and make recommendations to help you to improve your lifestyle.

Meet the genetic health professional again

- You will learn about your genomic testing results. At this time, you will be provided with a copy of all your test results. These summaries can also be sent to your GP or other health care providers at your request.

Frequently Asked Questions

Can I specifically request a male or female doctor?

Yes. The Life First Health Assessment Centres are able to allocate male or female doctors according to your personal preference. Please advise Life First staff of your preference when making your booking.

What is an 'Exercise Stress Test' and what does it involve?

The Exercise Stress Test is an important component of the assessment and is used by the Doctor and Exercise Physiologist to measure the performance and capacity of your heart, lungs and blood vessels. This non-invasive test involves attaching ECG electrodes to your chest and connecting them to an ECG machine. You will then progress through various stages that increase in difficulty on a treadmill (or bike in some cases). Once the test is completed, you will continue to be monitored as you slowly walk (or cycle) until your heart rate begins to return to normal.

What will happen if there are abnormalities in my test results?

Should abnormalities be identified during your visit, our doctors will refer you to your own General Practitioner or an appropriate Specialist for further investigation.

What are the preparation requirements for my assessment?

Our Health Assessment Centre will inform you of your fasting requirements and pathology collection process at the time you book your appointment. Fasting prior to the pathology collection will help to ensure accuracy of the blood glucose levels in your results. This is important for determining your cardiac risk score and the detection of diabetes.

You also need to fill in your online questionnaire. This should be completed at least 2 days prior to your assessment. The necessary links will be provided to you at the time of your booking.

What do I do if I am taking medication?

Please continue to take prescribed medication. If fasting conflicts with the advice given for taking your medication(s) (e.g. diabetes and hypertension), please consult your Doctor or Specialist.

Can I claim this service on Medicare or on my private health insurance?

This service cannot be claimed on Medicare. In terms of private health insurance you will have to check with the company with whom you have cover.

Where is my genetic information stored?

Genomic information is securely stored by Genome.One.

Cancellation Policy

Life First requests that all cancellations and rescheduling of appointments are communicated to the Health Assessment Centre as soon as you are aware that you are unable to attend your appointment. Please note that cancellations or postponements made within 7 full business days of the appointment may incur a fee. You will be advised of the FULL cancellation and RESCHEDULING policy when you book your appointment and in the pre-assessment correspondence.

A low-angle, close-up photograph of a person riding a white bicycle. The person is wearing a green jacket, black leggings, and brown lace-up shoes. The bicycle is white with black tires and spokes. The rider is on a grassy field with some fallen leaves. In the background, there are trees and a clear sky. The lighting suggests it's late afternoon or early morning, with a warm glow.

Your Report

Your Health Assessment Report is a detailed analysis of each of your health results with related commentary from your attending Doctor and Exercise Physiologist.

Your report forms a valuable basis from which to generate an action plan for achieving optimal health. To access your report you will require your username and password which you created when you completed your online questionnaire. You will receive an email notification within 5 working days of your assessment to let you know your medical assessment report is ready for viewing. For the GoNavigate™ program you will receive this within 12 weeks.

Health Coaching

The Life First Health Coaching program is designed to support and guide you in achieving optimal health and wellbeing by providing the necessary tools to make long-term health behaviour change.

Advice is tailored to your goals, lifestyle, understanding of health, and readiness to make changes.

As part of the health coaching program, your health coach will:

- discuss your current state of health
- explore health goals and agree on a primary goal/s
- help you design a personalised plan of action with specific activities to reach your goal
- help you develop strategies to overcome barriers and achieve desired outcomes

Follow up sessions will provide ongoing feedback and support to keep you motivated to make lifestyle changes, and ultimately help you achieve greater well being, health and life satisfaction.

Your coach will schedule in sessions that are most suitable for you.

Investment

Life First Health Programs		
Service	Criteria	Unit Price
Health and Lifestyle Program	Per program	\$850
Complete Health Program	Per program	\$1500
Men's and Women's Comprehensive Health Program	Per program	\$3500
Bespoke Health Program	Per program	POA
GoNavigate™ Program	Per program	\$6400



Should you have any further queries regarding your assessment, please do not hesitate to contact Life First on 1300 030 707.

Your Life First assessment can be performed at any of the following clinic locations:

Sydney - NSW (St Vincent's Clinic)
Level 5, St Vincent's Clinic
438 Victoria Street
Darlinghurst NSW 2010

Sydney - NSW (Martin Place)
Level 6, 32 Martin Place
Sydney CBD NSW 2000

Melbourne - VIC (St Vincent's Clinic)
Level 6, St Vincent's Clinic
55 Victoria Parade
Fitzroy VIC 3065

Brisbane - QLD
Level 2, 46 Edward Street
Brisbane QLD 4000

