



PPP HEALTHCARE

Free home blood testing kit
R.R.P £99

Take on anything by understanding everything

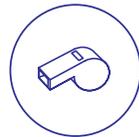
Good health isn't just about managing ill health and treating disease – it's about preventing it. Realise Health Plans, delivered by **Livesmart**, provide blood marker tests that look for a range of health risks, including liver disease, heart disease and diabetes. So you can stay on top of your health.



A heads-up on health risks

Liver disease. Heart disease. Diabetes. Realise blood assessments can indicate everything from poor nutrition to the presence of chronic disease, depending on the number of health markers you choose to test against.

With a snapshot of your health to look at, you can clearly see where you need to improve things. From watching what you eat, to keeping up with that yoga class, to getting help from a GP.



Coaching to inspire change

We understand that habits are hard to change. That's why Realise Health Plans include one telephone coaching call to encourage you to make the changes that matter. You'll get valuable help setting realistic health goals that you can stick to. Health coaching is provided by a Health and Care Professions Council (HCPC)-registered dietitian.



Next steps made simple

To complement your coaching programme, we'll send a series of emails with relevant articles and products available on our ActivePlus store to support you on your personal health journey.

You'll also benefit from a £10 voucher to spend on the ActivePlus store. ActivePlus brings together the products that give you the power to achieve good health.



Online lifestyle assessment

Realise Health Plans harness the best of technology to give you a true picture of your health. Using online tools, the team will assess your nutrition, mental wellbeing and cognitive performance.

Wearable tech can also be connected to the Realise Health digital platform to add to the picture.

A registered dietitian will review your assessment, along with your blood sample and create an online report, giving you insights you can really act on.

1 Subject to appointment availability, usage restrictions may apply.

2 Cost of prescriptions and delivery are not covered by the plan.

“ Going from pre-diabetic to the normal range was absolutely amazing. I could not have believed in three months I could have achieved those results. ”

Jo Sims, 2017

Telephone coaching has helped yo-yo dieter Jo change her lifestyle choices and achieve her health goals

Take a look at what's tested

Here's a list of the health markers Realise Health Plans check against.

CARDIOVASCULAR

Total Cholesterol, LDL Cholesterol, HDL Cholesterol

Cholesterol: HDL ratio, Triglycerides

VITAMINS & MINERALS

Vitamin D

LIVER FUNCTION

Alkaline Phosphatase (ALP), Alanine Aminotransferase (ALT)

Aspartate Aminotransferase (AST), Gamma-glutamyl Transferase (GGT)

Total Protein, Albumin, Bilirubin, Globulin

KIDNEY FUNCTION

Creatinine, Uric Acid, Urea, Albumin

BONE HEALTH

Calcium, Corrected Calcium, Alkaline Phosphatase

BLOOD HEALTH

Haemoglobin, HCT, Red Cell Count, RDW, Platelet Count, MPV, MCV, MCH

IMMUNE SYSTEM

White Cell Count, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils

METABOLIC HEALTH

Glucose (diabetes risk)**

NUTRITION

Fruit and veg consumption

Meal composition

Fat, salt and sugar intake

Weight*, BMI* and waist circumference

EXERCISE

Steps

Physical activity*

Core, strength and resistance

Resting heart rate*

Blood pressure**

LIFESTYLE

Smoking

Alcohol

Sleep

MENTAL HEALTH

Memory/processing speed test

Stress

Mood

MEDICAL HISTORY

Family

Personal

*Extra data can be pulled from your wearable fitness trackers, if you use them.

**Available with LiveSmart's on-site blood collection service only.