



# Integrative Health Check





# Your Integrative Health Check

Your first step to a healthier you

Welcome to the NIIM Integrative Health Check. We look forward to supporting you on your healthcare journey.

The NIIM Integrative Health Check has been designed in collaboration with our team of leading Integrative Medical and Allied Healthcare Practitioners, to provide you with a comprehensive assessment of your current health and overall wellbeing.

Our clinic combines the best of diagnostic excellence with an integrative and holistic approach, with a focus and evaluation on your lifestyle factors, environment, nutrition, physical activity, sleep and mental health.



# About NIIM

## National Institute of Integrative Medicine

Founder and visionary **Professor Avni Sali AM** established the National Institute of Integrative Medicine (NIIM) to provide excellence in integrated clinical practice, research capability, health promotion and education. For more than 10 years, NIIM has transformed the health and wellbeing of many Australians. In that time, NIIM has developed a significant research program focused on validating Integrative Medicine into evidence-based clinical practice.

NIIM is one of Australia's largest integrative medical clinics and provides patients with holistic healthcare solutions for a range of chronic and acute health conditions, as well as individuals seeking to implement healthier lifestyle practices to enhance and optimise their health and reduce the risk of developing preventable chronic illnesses.

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### What is Integrative Medicine?

*"The practice of Integrative Medicine refers to the blending of conventional and evidence-based natural and complementary medicines and/or therapies with lifestyle interventions to deliver holistic, patient-centred care."*

**Royal Australian College of General Practitioners**

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# Our Purpose

NIIM is committed to changing health outcomes for all by empowering individuals and communities through our progressive research, health education, integrative clinical care and collaborative relationships.

# Our Commitment

As a result of the changing health and wellbeing needs of the population, there is now a consensus that significant changes to the way healthcare is provided, how we live, work and look after ourselves are needed to meet these challenges.

At NIIM, we believe that the Integrative Health Check program plays an important role in supporting your healthcare needs as part of our commitment to a healthy and vibrant community.



# How an Integrative Health Check can help you

An Integrative Health Check at NIIM assesses your overall health and wellbeing and looks for risk indicators in developing chronic health problems. The program has a health promotion approach and is ideally suited to people who want to prevent the onset of chronic disease and wish to improve, or maintain, their optimal health and wellbeing.

## The Benefits of an Integrative Health check

The NIIM Integrative Health Check will empower you to:

- Understand your overall health status.
- Make informed decisions about your health and wellbeing now and into the future.
- Gain knowledge about prevention strategies to improve your health outcomes based on your individual identified risk factors.
- Improve your health and wellbeing goals through realistic goal setting.

Since most diseases begin to silently develop long before the emergence of the first noticeable symptom, the NIIM Integrative Health Check holistically considers your current health status, including family medical history, dietary, lifestyle factors and mental wellbeing as well as the outcomes of your comprehensive pathology and screening tests and physical assessment.

To further individualise your health check, there is the option to tailor additional packages and tests to support your health and wellness needs. The Integrative Health Check Coordinator can give you further information regarding these options.

## Screening

Once registered into the Integrative Health Check program you will undertake preliminary screening that includes:

- An online health questionnaire to capture your current physical & mental health status, family history, diet and lifestyle factors.
- Blood tests, urinalysis, stool test and ECG
- Abdominal Ultrasound
- Vascular Check
- Physical assessment (height, weight, BMI, blood pressure and heart rate)
- Additional testing is available upon request. These can be discussed with your Integrative Health Check Coordinator at the time of booking.



# Integrative Health Check Initial Consult

Approx. 5 hours

Your multidisciplinary Integrative Health Check consists of the following consultations:

- Integrative General Practitioner
- Psychologist
- Osteopath
- Naturopath

Each practitioner will:

- Review your health history and test results
- Conduct an assessment
- Provide you with individual recommendations

Following your assessments and consultations with the multidisciplinary team, you will be provided with a written health report summarising the status of your health and wellbeing, along with personalised recommendations and additional testing (if required).

# Introducing Your Multidisciplinary Team

## Integrative General Practitioner

Integrative General Practitioners combine the most effective conventional and evidence-based complementary therapies, nutrition and lifestyle interventions to help prevent illness and promote health. The Medical Doctor will assess your current health status and provide you with recommendations for optimal health.



## Osteopath

Learn about the relationship between the body's structure, framework and function. The Osteopath will undertake an examination of your body's structure and integrated function, taking into account associated environmental and lifestyle factors.



## Psychologist

Mental health is an important aspect of overall health and wellbeing. The Psychologist will assess your current level of psychological wellbeing. This is not just about immediate happiness or positive emotions but about leading a good life that is balanced and whole.



## Naturopath

After taking a detailed review of your present health based upon your questionnaire and pathology testing, the Naturopath will use a combination of diet, lifestyle and nutritional and herbal medicine to address any dysfunction and to assist the body's natural healing processes



# What is included in the Pathology Testing?

## **Full Blood Examination**

This test provides important information about the type, number and appearance of red blood cells, white blood cells and platelets.

## **ESR**

A nonspecific marker of inflammation.

## **Liver Function Test**

This test assesses the health and functioning of your liver.

## **Kidney Function Test**

A kidney function test will measure your electrolytes, urea and creatinine.

## **Lipids & Triglycerides**

This test indicates how much cholesterol is present and the type of cholesterol.

## **Fasting Blood Glucose**

This is a measure of the glucose (or sugar) level in your bloodstream. This test gives us an indication of how well your body processes glucose.

## **Fasting Insulin**

This is a measure of the insulin level in the bloodstream. If this is raised or outside of the range it could be an indicator of Pre-Diabetes or Diabetes.

## **HbA1c blood test**

This test is used as a way to measure your average blood sugar levels over the past three months. This can help indicate your risk of developing diabetes.

## **CMP**

This test measures your blood levels of calcium, magnesium and phosphate, all important minerals involved with many different functions of the body.

## **CRP (C-Reactive Protein)**

C-Reactive Protein is a non-specific marker of inflammation.

## **Homocysteine**

Serum Homocysteine is also a marker of inflammation. Elevated homocysteine is a risk factor in heart disease.

## **Vitamin D**

This is a test that measures your Vitamin D levels in your body. Healthy levels of Vitamin D are essential for the immune system and bone health.

## **Plasma Zinc**

This test measures the amount of Zinc in your bloodstream. Zinc is essential for a healthy immune function, cell division and growth, and is a cofactor for the production of many neurotransmitters.

### **Iron studies**

This test evaluates how much iron you have and your ability to store and transport this iron.

### **Vitamin B12**

B12 is essential for red blood cell production and proper nervous system functioning. Vegans and vegetarians are particularly prone to Vitamin B12 deficiency.

### **Thyroid Function Test (TSH, FT3, FT4)**

This test measures the levels of thyroid hormones to determine the health of the thyroid.

### **Cortisol (am)**

Cortisol is a stress hormone that is produced by the adrenal glands and is vital for survival. Assessing how much cortisol your body produces helps to determine the health of your Nervous System.

### **Dehydroepiandrosterone (DHEAS)**

DHEA is a steroid hormone produced by cholesterol, which your body converts into other hormones, namely testosterone and oestrogen. Most of the DHEA in the body exists in the blood in the sulphated form. DHEAS is measured in testing to evaluate adrenal gland function; and to detect adrenal tumours including cancers.

### **Uric Acid**

Uric acid is a normal waste product produced when your body breaks down purines, compounds that enter the bloodstream from foods, drinks or cells. This test can help diagnose and manage conditions like gout and kidney stones.

### **Urinalysis**

A urinalysis involves a visual, chemical and microscopic examination of your urine and is used to detect a wide range of disorders, such as urinary tract infections, liver disease, kidney disease and diabetes.

### **PSA (Men)**

The Prostate-Specific Antigen (PSA) test measures the amount of prostate-specific antigen (PSA) in the blood and is used primarily to help screen for prostate cancer.

### **Faecal Occult Blood Test**

This test is used to detect the presence of blood in your faeces, which is not often visible to the naked eye.

### **Electrocardiogram (ECG)**

An electrocardiogram (ECG) is a medical test that detects cardiac (heart) abnormalities by measuring the electrical activity generated by the heart as it contracts. The electrocardiograph records the electrical activity of the heart muscle and displays this data as a trace, the data is then interpreted by the medical practitioner at your assessment.





## What other testing is included?

### **Abdominal Ultrasound**

A painless and non-invasive imaging test to assess the health of abdominal and digestive organs including the liver, spleen, pancreas and kidneys.

### **Stress Echocardiogram**

An exercise stress-test using ultrasound imaging to detect any decrease in blood flow to the heart from narrowing in the coronary arteries. This test requires high intensity exercise on a treadmill. The data is then interpreted by the medical practitioner at your assessment.

### **Vascular Check**

The Vascular Check will measure your arterial stiffness, which is a risk factor for a range of cardiovascular conditions. Flexible arteries are essential for optimal cardiovascular health - when arteries are more elastic, blood can flow freely and supply more oxygen to cells and tissues.

NIIM's Vascular Check can provide insights into the health of your arteries.

### **Live Blood Analysis**

Live blood analysis is a health screening tool that utilises dark field microscopy technology to analyse a small drop of blood from your fingertip. The sample is displayed on a large screen and analysed within seconds of collection. Using this technology, the Live Blood technician can clearly observe changes and variations in the formation and behaviour of red and white blood cells, platelets and other cell structures. These observations are necessary in screening for:

- Nutritional status (including iron and B12)
- Inflammation and Sticky blood
- White blood cell count and activity
- Overall screening for liver and gut health



## Frequently Asked Questions

### **How long is the appointment?**

The NIIM Integrative Health Check takes approximately 5 hours. You will see all four practitioners on the same day. Please arrive 15 minutes before your appointment. You will be welcomed by the Integrative Health Check Coordinator.

### **Do I need to bring food with me?**

Refreshments and healthy snacks are provided for your convenience during your time in the clinic.

### **Where do I go on the day?**

The Integrative Health Check is located at the NIIM Clinic, 11-23 Burwood Road, Hawthorn, Melbourne. When you arrive please go to level 2 reception and the Integrative Health Check Coordinator will meet you.

### **How do I get here?**

**By car:** Time-limited parking is available in surrounding streets. Paid parking is available at Epworth Hawthorn directly across the road. There is limited all-day parking available at the rear of NIIM, accessible via the driveway on the right-hand side of the building.

**By train:** Hawthorn Station is located 140 metres from NIIM or a 2 min walk.

**By tram:** Tram 75 runs directly past NIIM with a stop at St. James Park or Hawthorn Station.

# Frequently Asked Questions (cont.)

## **Do I need to fast for the blood test?**

Yes, you are required to fast for approx. 12 hours overnight before your blood test. Drinking water before the blood test is recommended. If you have any questions around this, please contact your Integrative Health Check Coordinator.

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

Should abnormalities be identified during your visit, our doctor will give you advice and refer you back to your local GP or specialist as required.

## **Who will have access to my test results?**

Your health information is kept confidential and is only shared with your GP or other Specialist with your consent.

## **What do I do if I am taking medication?**

Please continue to take prescribed medications.

## **Does Medicare offer rebates for the Integrative Health Check?**

Unfortunately, Medicare rebates are not available.

## **Does Private Health Insurance cover any costs of the Integrative Health Check?**

Some insurers offer limited coverage depending on the level of extras you have. If you have 'health screening' as an extra, you may be entitled to claim a portion of the costs. It is recommended to check this with your insurer.

## **What is your cancellation / rescheduling policy?**

We request that all cancellations and rescheduling of appointments be communicated to our Integrative Health Check Coordinator at the earliest instance by calling (03) 9912 9558. Appointments can only be rescheduled up to 7 days prior to your scheduled appointment. A refund may be provided for cancellations up to 14 days before your scheduled appointment (excluding any undertaken test costs). Cancellations within 14 days of your scheduled appointment will result in the loss of the deposit.

## Terms & Conditions

- The NIIM Integrative Health Check is designed to provide a comprehensive assessment of your overall health status, and thereby assist you in making and attaining your personal health goals. As such, it is not designed to replace your normal medical or health care; it merely serves as a screening program.
- All testing is optional.
- During the program, our GP may recommend further tests not included in the standard program, or rechecking of abnormal test results. These tests are not covered by the cost of screening; however, it may be possible to bulk-bill the costs incurred in some instances. Please discuss any concerns with our GP. Alternatively, you may choose to have such additional tests arranged following discussion with your own healthcare practitioner.
- Upon completion of the program, we strongly encourage you to discuss your results with your usual healthcare practitioner, specifically any abnormal tests or other findings.

# Contact

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