

# Your Integrative Health Check

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EMPOWERING YOU ON YOUR HEALTH JOURNEY



**NIIM**  
NATIONAL INSTITUTE OF  
INTEGRATIVE MEDICINE



# Welcome

Welcome to the NIIM Integrative Health Check and congratulations on taking the first step to a healthier and more empowered you.

The NIIM Integrative Health Check is designed in collaboration with our leading Integrative Medical and Allied Healthcare Practitioners to provide you with a comprehensive health and wellbeing assessment to empower you to take control of your health and create a balanced life.

Our clinic combines diagnostic excellence with an Integrative Medicine approach including your lifestyle, nutritional health, physical activity and psychological wellbeing.







## About NIIM

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.

Today, NIIM houses Australia's largest integrative medical clinic, providing excellence in healthcare to patients with acute and chronic illness, as well as those seeking to implement a healthy lifestyle for optimal health and disease prevention.

Research at NIIM has contributed to the rapidly growing evidence base on the benefits of complementary and integrative therapies including: plant based medicine, nutrition, exercise, mental health and environmental changes to improve health outcomes.

### 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



## 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.



# Why Is An Integrative Health Check Right For You?

An Integrative Health Check at NIIM assesses your overall health and wellbeing and look 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 Integrative Health Check Program is provided by a dedicated multidisciplinary team consisting of:**



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**Nutritionist**

**or**

**Naturopath**

Since most diseases begin to silently develop long before the emergence of the first noticeable symptom, the 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 to support your health and wellness needs, the Integrative Health Check Coordinator can give you further information regarding these packages.

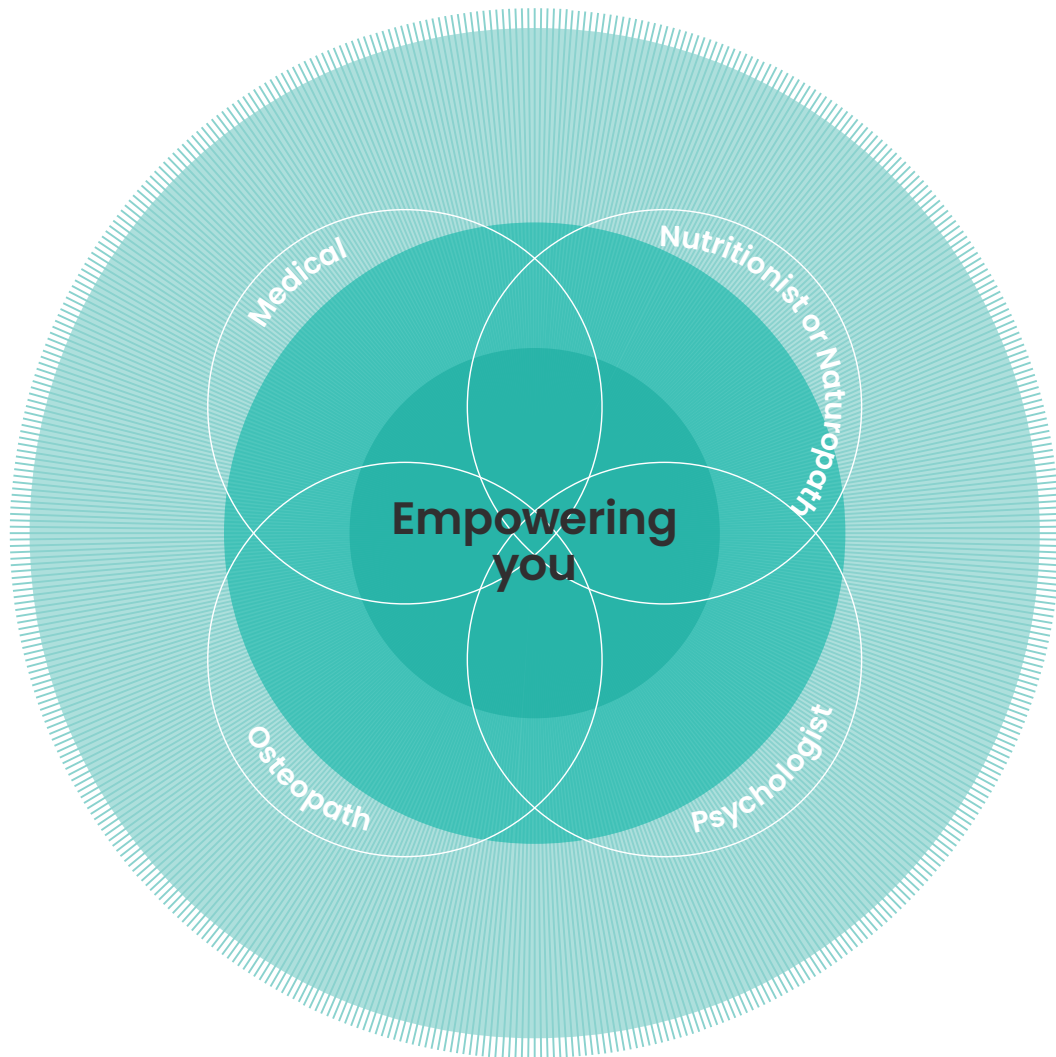
## What Are The Benefits?

**The 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.



# Your Journey Starts Here



## Screening

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

- An online health assessment questionnaire to capture your current health status and family history and an online mental health assessment questionnaire.
- Blood Examination Pathology testing, Faecal Occult Blood test and ECG through Melbourne Pathology.
- Abdominal Ultrasound and Stress Echocardiography
- Physical assessment (Height, Weight, Waist Circumference, Blood Pressure, BMI, Pulse).
- Additional screening tests are available upon request. These can be discussed with the Health Check Coordinator at time of booking.

# Integrative Health Check

(allow approx. 5 hours)

Please arrive 15 minutes before your appointment. You will be welcomed by our Health Check Coordinator. Refreshments and healthy snacks are provided for your convenience during your time in the Clinic.

## **Your multidisciplinary Integrative Health Check consists of:**

- Medical Consultation
- Psychology Consultation
- Osteopath Consultation
- Nutritionist or Naturopath Consultation

## **Each practitioner will:**

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

Following your assessment day, a collation of each practitioner summary of your health and wellbeing recommendations will be provided to you.

# Introducing Your Multidisciplinary Team



## Medical Practitioner

Medical Practitioners combine the most effective conventional and evidence-based complementary therapies, nutrition and lifestyle interventions to help prevent illness and promote health. The Medical Practitioner 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.

## Your choice of Nutritionist or Naturopath



## Nutritionist

The Nutritionist will review your current diet, lifestyle and health goals and, through evidence-based practice of nutrition and health education, support you by recommending personalised and sustainable dietary and wellness strategies.



## 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

ESR is 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 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.

## Additional Radiography included in the Program

### 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.





# Frequently Asked Questions

## 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 meters 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.

## Do I need to fast?

Fasting may be required overnight (8 hours) prior to the blood pathology collection to ensure accuracy of your pathology results. If fasting conflicts with the advice given for taking your medication(s) (eg Diabetes and Hypertension), please consult your Doctor or Specialist.

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

Please continue to take prescribed medications.

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

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

## 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.

## 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 Co-ordinator at the earliest instance by calling 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.

- 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.

**NIIM Clinic Pty Ltd**

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**Phone**

(03) 9912 9558

**Opening Hours**

Monday – Friday  
8:00am – 5:00pm

