
THE MARYLEBONE PRACTICE
Medical Packages
A considered view of your health.
Medical screening designed to look beyond the present — helping you understand your health today and make informed decisions for the years ahead.
THE
MARYLEBONE
PRACTICE



PRIVATE MEDICINE, PREVENTATIVE HEALTH, LONG-TERM WELLBEING

Welcome

At The Marylebone Practice, we believe healthcare should be proactive, personal and centred around you.

Our medical packages are designed to give you a clear and comprehensive understanding of your health, identify potential risks early, and help you take confident steps towards a healthier, longer life.

Whether you are looking for a focused health check or a fully personalised assessment, our packages provide the time, expertise and advanced diagnostics you deserve.

We believe the best medicine comes from truly understanding each patient. Every consultation is designed around you, your health, your lifestyle and your long-term wellbeing, with time taken to ensure nothing is overlooked.

Dr Sera Shoukru
Founder and Medical Director

OUR PHILOSOPHY

Prevention, with perspective.

Good screening is not about collecting the largest number of results. It is about understanding the individual behind them — their history, risk factors, lifestyle and priorities — and deciding what is meaningful.

"The aim is not to test for everything, but to build an assessment that makes sense for the individual."

A longer-term relationship with your health.

Our medical screening packages provide a structured overview of your health, identify potential risk factors early and create a clearer basis for what comes next. Results are reviewed by your doctor and discussed with you at follow-up, with practical guidance on monitoring, lifestyle changes, further investigation or specialist referral where appropriate.

A tailored personal experience

Every package begins with a health questionnaire and pre-medical call, followed by a doctor-led assessment to understand you and what you want to achieve followed by a and a dedicated follow-up once your results are available.The length of the appointment time with the doctor varies, from 60 minutes for an Essential and 90 minutes for the Elevate, Complete and Bespoke.



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THE COLLECTION

Four levels. One principle.

Choose the depth of assessment that feels right for you — from a reliable baseline to a comprehensive programme or a fully personalised medical plan.

ESSENTIALS
£1,200

A focused baseline health check.

- 60-minute medical appointment with full history and examination
- Core blood profile
- Urine dipstick and key cardiovascular, respiratory, abdominal and mental health checks
- Gender-specific examination where appropriate

ELEVATE
£3,500

A deeper preventative assessment.

- Everything in Essentials, with a 90-minute appointment
- Urine culture
- Relevant cancer marker blood tests
- Lp-PLA2, hormone profile, QFIT, resting ECG, cervical smear/HPV where appropriate and stool calprotectin

COMPLETE
£6,999

Comprehensive screening with advanced diagnostics.

- Everything in Elevate
- Liver fibrosis markers and cardiovascular screening profile
- Exercise cardiac stress test
- Full body cancer MRI

BESPOKE
PRICED INDIVIDUALLY

A fully personalised programme.

- 90-minute medical assessment
- Customisable testing and imaging plan
- Cardiovascular, women's health, men's health, nutrition/metabolic health or cancer screening
- Investigations selected with your clinician according to age, symptoms, risk factors and goals

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THE DIFFERENCE IS IN THE DEPTH

From baseline to bespoke.

- **ESSENTIALS**

  For those who want a dependable picture of their current health and a thoughtful starting point for prevention.

- **ELEVATE**

  For those who want to look more closely at early risk, with a broader range of preventative investigations.

- **COMPLETE**

  For those seeking comprehensive screening and advanced diagnostics as part of a longer-term prevention plan.

- **BESPOKE**

  For those whose health priorities call for something more individual. Your programme is shaped after consultation, with testing and imaging selected according to your circumstances and goals.

What is included

All packages include a health questionnaire, pre-medical call, doctor-led medical appointment and follow-up appointment once results are back. External tests or scans may require separate appointments.

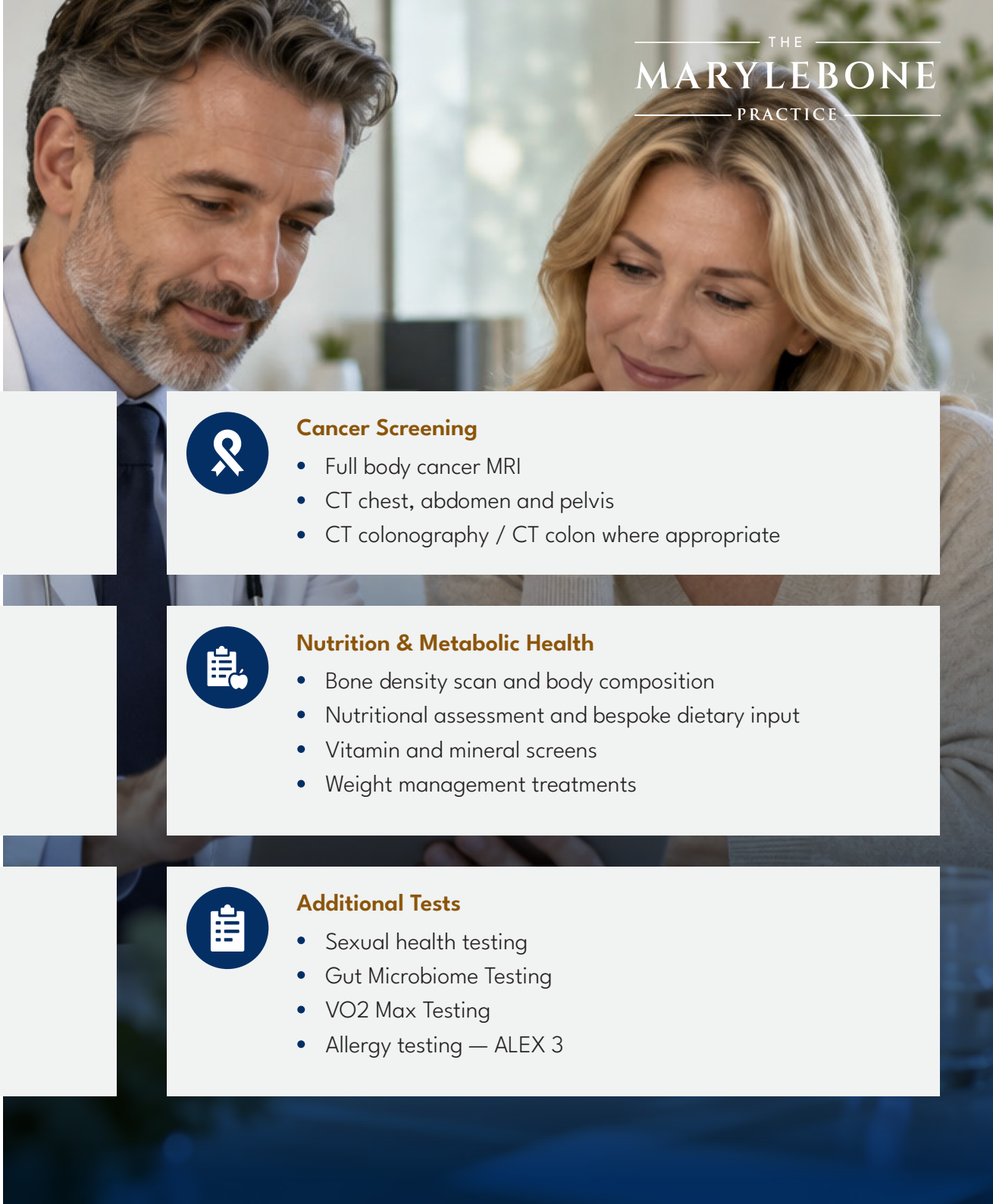
A note on screening

Screening aims to identify risk and detect potential health issues early. No screening package can rule out every condition. Cancer markers and screening tests can be helpful as part of a broader assessment, but they do not diagnose cancer on their own. Your doctor will interpret results in context and explain any appropriate next steps.

PERSONALISED FOCUS

Look where it matters.

Bespoke Care allows additional investigations to be considered after your pre-medical consultation. The emphasis is on relevance — not volume.



Cardiovascular

- Stress echocardiogram
- Exercise stress test
- CT coronary angiogram and calcium score

Cancer Screening

- Full body cancer MRI
- CT chest, abdomen and pelvis
- CT colonography / CT colon where appropriate

Women's Health

- Mammogram and breast ultrasound
- Pelvic ultrasound, including transvaginal ultrasound
- Abdominal ultrasound
- Smear and HPV testing

Nutrition & Metabolic Health

- Bone density scan and body composition
- Nutritional assessment and bespoke dietary input
- Vitamin and mineral screens
- Weight management treatments

Men's Health

- Prostate MRI
- Abdominal ultrasound
- Prostate ultrasound
- Urinary flow test

Additional Tests

- Sexual health testing
- Gut Microbiome Testing
- VO2 Max Testing
- Allergy testing — ALEX 3

THE CLINICAL DETAIL

Thorough, without the noise.

The comparison below is intentionally simplified. Your doctor will explain which tests are appropriate for you

ASSESSMENT / TEST	ESSENTIALS	ELEVATE	COMPLETE
Health questionnaire	Yes	Yes	Yes
Pre-medical call	Yes	Yes	Yes
Medical appointment	60 min	90 min	90 min
Follow-up after results	Yes	Yes	Yes
Medical history & examination	Yes	Yes	Yes
Height, weight & BMI	Yes	Yes	Yes
Cardiovascular / respiratory / abdominal checks	Yes	Yes	Yes
Mental health review	Yes	Yes	Yes
Core blood profile	Yes	Yes	Yes
Urine dipstick	Yes	Yes	Yes
Urine culture	—	Yes	Yes
Cancer marker blood tests	—	Yes	Yes
Enhanced cardiac marker — Lp-PLA2	—	Yes	Yes
Hormone profile	—	Yes	Yes
QFIT bowel cancer screening	—	Yes	Yes
Resting ECG	—	Yes	Yes
Cervical smear & HPV testing where appropriate	—	Yes	Yes
Stool calprotectin	—	Yes	Yes
Liver fibrosis markers	—	—	Yes
Cardiovascular screening profile	—	—	Yes
Exercise cardiac stress test	—	—	Yes
Full body cancer MRI	—	—	Yes

Note: Core blood profile includes full blood count, infection markers, liver and kidney function, bone profile, thyroid function, B12, folate, magnesium, iron studies, glucose, HbA1c, ESR, CRP, muscle enzymes and related routine markers.



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EARLY FOUNDATIONS

Good health starts early.

Thoughtful medical care is not only for later life. Our younger-adult options provide space to discuss physical health, wellbeing, lifestyle and the questions that matter at this stage and set the foundations for adulthood.

The Inbetweener — £350

45-minute appointment for young adults 13–18.

- General physical health
- Mental and emotional wellbeing
- Skin concerns, including acne
- Diet, exercise and body image concerns
- Sexual health, relationships, contraception, drugs and alcohol, where appropriate

Young Adults Screen — £595

1-hour medical review 16+.

- Medical history and current concerns
- Immunisation history and vaccination status
- Mental and emotional wellbeing
- General physical health check-up
- Baseline blood tests: full blood count, liver function, kidney function, infection markers, B12, folic acid and vitamin D
- Sexual health and STI advice or screening, where appropriate

Further laboratory tests, vaccinations and additional investigations may be charged separately unless expressly included in the package.

THE NEXT STEP

Know where you stand.
Know what to do next.

A screening assessment is not simply a collection of tests. It is an opportunity to understand your health in context — and to make thoughtful choices about the future.

Your health clearly understood.

Results are reviewed by your doctor and discussed with you at follow-up, with clear explanations, practical next steps and guidance on whether monitoring, lifestyle changes, further investigation or specialist referral is recommended.

To discuss the right package for you

The Marylebone Practice team can guide you through the available options and help arrange the most appropriate assessment for your needs.

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