



HEALTH & WELLNESS CHECK



# Gold Wellness

FOR YOUR COMPLETE  
HEALTH INSIGHT

# Gold Wellness

## A Deeper Look at Your Health

Gold Wellness builds on Silver Vitality with a more detailed exploration of your health, lifestyle, and future risks.

It's ideal for people who want a fuller understanding of their wellbeing and personalised guidance to support long-term health.

## It is perfect for:

- Individuals wanting a more comprehensive health review
- Employees in higher demand roles
- Early identification of lifestyle related risks



## What you'll receive:

- Full medical and lifestyle review
- BMI, blood pressure and body composition readings
- Ear examination
- Q risk score (cardiovascular) and peak flow score.
- Urinalysis (sugar, protein, infection)
- Cholesterol Reading - (total, high and low)
- Healthy recommendations and tailored report.

Additional tests and private services available on request. See website for details and pricing.

Gold Wellness helps you understand your health in context — giving you clear, evidence based steps to improve resilience and prevent future issues.

**Confidentiality:** Your information is kept confidential under Isle of Man data protection law and all checks are carried out by fully trained health specialists.

Speak to our team on **01624 602010** or send an email to [Office@yelloh.im](mailto:Office@yelloh.im) to arrange your Gold Wellness appointment.



The Barn Ballastrang Farm Santon  
Isle of Man IM4 1EU

[yellowh.im](http://yellowh.im)