



HEALTH & WELLNESS CHECK



Silver Vitality

FOUNDATIONAL
HEALTH ESSENTIALS

Silver Vitality

Your Foundational Health Check

Silver Vitality is YellOH's essential wellbeing assessment, designed to give you a clear picture of your everyday health.

It focuses on core clinical measures, lifestyle factors, and early signs of emerging health concerns — helping you understand where you are now and how to stay well in the future.

It is perfect for:

- Anyone wanting a simple, reliable health check
- Annual wellbeing review; or
- Early detection and prevention.



What you'll receive:

- Medical and lifestyle review
- Blood Pressure
- BMI
- Urinalysis (sugar, protein, infection)
- Cholesterol Reading
- Personal recommendations

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

Silver Vitality gives you the confidence of knowing your health baseline — and what small steps you can take to make a big difference.

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** to arrange your Silver Vitality appointment.



The Barn Ballastrang Farm Santon
Isle of Man IM41EU

yellowh.im