

THYME

ON DEMAND PLUS

Quick Reference Guide

On Demand PLUS membership

Your On Demand PLUS membership includes:

- An **annual Core health check** – which looks at your whole health through comprehensive examination, gut health assessment, blood screening, and genetic analysis—all helping identify areas in need of improvement or that require attention.
- **4 appointments per annum with lifestyle medicine specialists** including nutritionists, sleep therapists, physios, personal trainers, and mental health therapists. There to be used by when it suits you.
- **4 private GP appointments per annum**, whenever you need them. What’s more, you will have discounted access to further private GP appointments.

Key			
✓	Service included	POA	Price on application
		PAYG	Pay-as-you-go

Payment options	On Demand PLUS	
Administration fee	£50	A one-off payment to set-up your membership
Pay annually	£1,950	
Pay monthly	£195	

Core Whole Health Check	Included	
Male / female health questionnaire	✓	
Current health concerns	✓	
Blood pressure	✓	
Oxygen saturation	✓	
Urinalysis	✓	
Height, weight, BMI	✓	
Body composition	✓	
ECG	✓	Cardiology review if abnormal.
Cardiovascular risk score	✓	
Hearing test (audiogram)	✓	
Eye check	✓	
Full health history & examination	✓	
Cardiovascular system examination	✓	
Respiratory system examination	✓	
Abdominal examination	✓	
General skin examination	✓	
General musculoskeletal examination	✓	
Mental health review	✓	
Lifestyle review	✓	
Secondary care referrals	✓	
Targeted cancer risk physical examination	✓	Including smear, breast, testicular, prostate examination – as clinically appropriate.

Whole Health Check – Continued	Included	
Wellperson check (blood test)	✓	Full blood count; Urea Electrolyte Panel; Liver panel; Bone panel; Thyroid panel; Lipid panel; HBA1C
Vitamins (blood test)	✓	Vitamin D; Vitamin B12 (Active); Folate (Red Cell)
Ferritin (blood test)	✓	
Tumour markers (blood test)	✓	PSA prostate cancer marker (Men); CA 125, He4+ROMA ovarian cancer marker (Women) – as clinically appropriate
Microscopy, Culture and Sensitivity (urine)	✓	
GI360 Comprehensive gut health (stool test)	✓	Evaluates overall digestive function. Analyses gastrointestinal symptoms, autoimmune disease, joint pain, IBD, IBS, inflammation, food sensitivities, nutritional deficiencies & skin conditions.
Bowel cancer screen (stool test)	✓	Stool test (QFIT)
Nutritional health assessment (virtual) – 30mins	✓	Helps you identify how to improve digestive concerns, microbiome imbalances, skin health, energy, fatigue, weight management, insulin resistance, and nutrient deficiencies.
Optional sleep health assessment (virtual) – 30mins	✓	A review of sleep health to improve productivity, energy, and enhance wellbeing through sleep science and chronobiology.
Physical health assessment (in person) – 60mins	*	Assessment of movement, muscle endurance, flexibility, muscle mass, aerobic fitness for heart health and overall disease risk reduction including mental health
Personalised Healthspan report	✓	Your Thyme GP will summarise your current health and recommend next steps to optimise your well-being.
Healthspan report discussion with GP	✓	15min in-clinic or virtual consultation

Lifestyle consultations (x4)	Included	
Nutrition (virtual) • Digestive concerns • Microbiome imbalances • Gut integrity • Skin health • Low energy • Weight management • Insulin resistance • Nutrient deficiencies Physical health (in person) • Physical health assessment (60min) • Personal training session (60min) • Physio session (30min) • Sports massage (30min) Sleep health (virtual) • Improving wellbeing through sleep science and chronobiology • Compassion-Focused Therapy (CFT) • Cognitive Behavioural Therapy for Insomnia (CBTi) • Mindfulness Mental health (virtual) Therapy sessions are 50-60mins • Workplace stress • Life transitions • Anxiety • Depression • Loss, work-life balance • Performance anxiety • Trauma & PTSD • Relationship issues • Eating issues • Substance abuse • Sexual issues • Post-natal support.	✓	4x appointments with a lifestyle medicine specialist (physical/virtual). Utilise additional appointments when it suits you, on a PAYG basis.

Genetics	Included	You will receive a comprehensive report in your app. Utilise a GP appointment from your allowance to discuss your results.
DNA analysis (x1)	✓	Looks at 1,000 genetic areas covering: • General health (including Caffeine Sensitivity, Genetic Obesity Risk, Genetic Type 2 Diabetes Risk, Genetic Hypertension Risk, Genetic Infection Risk) • Diet (including Sugar Response, Likelihood to Snack, Metabolic Rate, Yoyo Diet Response, Lactose Intolerance Risk) • Physical (including Muscle Stamina, Anaerobic Threshold, Inflammation, Exercise Effect on Weight) • Vitamins and supplement response
Epigenetic analysis (x1)	✓	Your genetic makeup is your blueprint at birth, your epigenetics can be changed through your lifestyle. Repeatable epigenetic tracking gives you insights into your Biological Age vs Chronological Age, as well as your Hearing, Eye, Memory and Inflammation Health.

Private GP appointments	Included	
Medical appointments with a Thyme GP or Nurse (x4)	✓	4x medical appointments (physical/virtual) – in addition to your annual health check. Does not include home visits. Utilise additional appointments when it suits you, on a PAYG basis.
Discounted GP & Nurse appointments	✓	PAYG GP or Nurse appointments will be at a 20% discounted rate.
Specialist & secondary care referrals	✓	Secondary care referrals are included, however the cost of the secondary care itself is met by the client (or insurer).

Price list for Additional Services

Preventative	Price	
Wellperson (blood test)	From £157	
Cardiovascular risk (blood test)	From £105	
Tumour markers (blood test)	From £110	PSA prostate cancer marker (Men), CA 125, He4+ROMA ovarian cancer marker (Women) – as clinically appropriate
Inflammation check (blood test)	From £105	
Vitamins (blood test)	From £105	Vitamin D, vitamin B12 & folate.
Thyroid check (blood test)	From £88.50	As clinically appropriate.
SIBO (Small Intestinal Bacterial Overgrowth) test	From £150	SIBO is a condition where there is an abnormal amount of bacteria in the small intestine, leading to various digestive symptoms such as bloating, abdominal pain, diarrhoea, and malnutrition.
Bowel cancer screen (>40s)	From £50	
Gut health packages (Includes nutritionist consultation)	From £349	These tests can analyse the presence of bacteria, parasites, and inflammation markers in the stool, providing information about the balance of gut microbiome.
Hormone testing - Female Hormone Health profile - Male Hormone Health profile	From £173	Providing information about hormone imbalances and conditions.
Allergies and Intolerances - Allergy Profile 1 (151 foods & inhalants) - Allergy Profile 2 (94 foods) - Allergy Profile 3 (59 inhalants)	Profile 1 from £420 Profile 2 from £285 Profile 3 from £285	It's important to speak with a healthcare professional to determine the best type of allergy test for your individual needs. Test results aren't always conclusive. Further testing or an elimination diet may be necessary to confirm a food allergy or intolerance.
Additional Epigenetics test	£250	Testing intervals as advised by a Thyme GP.

Price list for Additional Services (continued)

Early detection scanning & imaging	Price	Scans are completed as clinically advised by a Thyme GP. Prices may vary and will be confirmed when booking. Prices shown exclude a consultation with a Thyme GP to discuss results.
CTCA Cardiac angiogram coronary	From £1,165	Detects blockages in the vessels surrounding the heart
CT Angiogram aorta	From £1,280	Detects aneurysms or blockages in the main blood vessel to the body
CT Chest	From £850	A detailed scan of the organs in the chest including heart, lungs, major vessels and lymph nodes
CT Chest with contrast	From £1,280	Enhanced imaging to define infection of the chest wall and middle of chest cavity
Ultrasound Thyroid	From £395	Defines the structure of the thyroid and detects nodules and cancerous changes
Ultrasound Testes	From £395	Defines the structure of the testes and associated ducts, detects lumps and cancerous changes
Mole mapping	From £395	Extensive imaging of the entirety of the skin, and to identify suspicious lesions
Mole mapping (Executive Screening Package)	From £555	
CT Abdomen	From £850	Detailed scan of the abdominal organs including stomach, pancreas, liver, spleen, kidneys, intestine
CT Pelvis	From £850	Detailed scan of pelvic organs including bladder, prostate, uterus, ovaries
CT Abdomen & Pelvis	From £1,050	Detailed scan of abdominal and pelvic organs
Dexa Scan (Bone Densitometry)	From £270	Measures bone density in hips and spine
CT Colonoscopy Virtual	From £1,165	Detailed scan of the intestine, with contrast. Detects cancerous lesions
CT Colonoscopy	From £1,165	Detailed scan of the intestine, with contrast. Detects cancerous lesions
MRI Brain	From £875	Detailed scan of the brain tissue. Detects trauma, degeneration, changes from stroke and demyelinating diseases like MS
MRA Head	From £1,695	Defines the blood vessels supplying the brain, detects blockages
Cardiac MRI	From £1,695	Defines the heart structure, detects weaknesses in the chamber walls and changes related to heart failure and disease
MRI Prostate scan	From £875	Defines the structure of the prostate, detects enlargement and cancerous changes
Mammogram	From £390	Defines breast tissue and detects cancerous changes

Price list for Additional Services (continued)

Lifestyle	Price	
Nutrition consultation (virtual)	30min £250	Digestive concerns, microbiome imbalances, gut integrity, skin health, energy, fatigue, weight management, insulin resistance, & nutrient deficiencies.
Physical health consultation	Up to 60min £250	Physical health assessment (60min), personal training session (60min), physio session (30min), sports massage (30min)
Sleep health consultation (virtual)	30min £250	Improving wellbeing through sleep science and chronobiology. Compassion-Focused Therapy (CFT), Cognitive Behavioural Therapy for Insomnia (CBTi) and Mindfulness.
Mental health – therapy session (virtual)	60min £250	Workplace stress, life transitions, anxiety, depression, loss, work-life balance, performance anxiety, trauma & PTSD, relationship issues, eating issues, substance abuse, sexual issues, post-natal support.

Private GP appointments	Price	
Additional GP appointment (in clinic or virtual)	15min £71 30min £119	Prices shown include 20% discount rate.
GP home visit	From £350	T&Cs apply.
Nurse appointment (in clinic or virtual)	15min £48 30min £80	Prices shown include 20% discount rate.
Nurse home visit	From £190	T&Cs apply.

Price list for Additional Services (continued)

Vaccinations	Price	
Flu	£30	Subject to seasonal availability.
HPV	£150	Price per dose. GP to confirm schedule.
Chickenpox	£80	Price per dose. Two doses required not less than two weeks apart.
Shingles	£200	Price per dose. GP to confirm schedule.
Meningitis B	£140	Price per dose. GP to confirm schedule.
Travel	£POA	Dependent on requirements. In addition to consultation fee (as applicable).

Notes

- ‘Additional Services’ are defined as services which are not expressly included within your membership allowance
- Once you have signed your membership agreement, a Personal Health Planner will be in touch to schedule your initial appointments and will be on hand to assist with any queries

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