

# THYME

## PREMIUM Quick Reference Guide

# Premium membership

Premium allows you to share your membership with family or friends that we call Associate Members\*

Your annual membership includes:

- **15 private GP appointments**, to be used whenever you need them.
- **2 Core Whole Health Checks**. These encompass a range of preventative tests including blood tests, genetic analysis, bowel cancer screen and gut health tests—all helping identify areas in need of improvement or attention.
- **4 appointments with lifestyle medicine specialists** including nutritionists, sleep therapists, physios, personal trainers, and mental health therapists. There to be used by you or your Associate Members when it suits.

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

| Payment options    | Premium membership |                                              |
|--------------------|--------------------|----------------------------------------------|
| Administration fee | £75                | A one-off payment to set-up your membership. |
| Pay annually       | £2,400             |                                              |
| Pay monthly        | £250               |                                              |

\* Thyme permit a maximum of 5 Associate Members.

| Core Whole Health Check (x2)              | 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 Checks (x2)<br>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                                                                                                                                                           |

| Private GP appointments                             | Included |                                                                                                                                                                                                                       |
|-----------------------------------------------------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Medical appointments with a Thyme GP or Nurse (x15) | ✓        | <b>15 medical appointments</b> (physical/virtual) – in addition to your annual health checks.<br><br>This allowance does not include home visits. Utilise additional appointments when it suits you, on a PAYG basis. |
| 20% discount on additional GP or Nurse appointments | ✓        | PAYG medical appointments will be at a <b>20% discounted rate</b> .                                                                                                                                                   |
| Specialist & secondary care referrals               | ✓        | Secondary care referrals are included, however the cost of the secondary care itself is met by the client (or their insurance provider, as applicable).                                                               |

| Genetic testing       | Included | You will receive a comprehensive report in your app. Utilise a GP appointment from your allowance to discuss your results.                                                                                                                                                                                                                                                                                                                                                                                                          |
|-----------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DNA test (x2)         | ✓        | Looks at 1,000 genetic areas covering: <ul style="list-style-type: none"><li>• General health (including Caffeine Sensitivity, Genetic Obesity Risk, Genetic Type 2 Diabetes Risk, Genetic Hypertension Risk, Genetic Infection Risk)</li><li>• Diet (including Sugar Response, Likelihood to Snack, Metabolic Rate, Yoyo Diet Response, Lactose Intolerance Risk)</li><li>• Physical (including Muscle Stamina, Anaerobic Threshold, Inflammation, Exercise Effect on Weight)</li><li>• Vitamins and supplement response</li></ul> |
| Epigenetics test (x2) | ✓        | Your genetic makeup is your blueprint at birth, your epigenetics can be changed through your lifestyle.<br><br>Repeatable epigenetic tests track your Biological Age vs Chronological Age, as well as your Hearing, Eye, Memory and Inflammation Health.                                                                                                                                                                                                                                                                            |

| Lifestyle consultations (x4)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Included |                                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Nutrition (virtual)</b></p> <ul style="list-style-type: none"><li>• Digestive concerns</li><li>• Microbiome imbalances</li><li>• Gut integrity</li><li>• Skin health</li><li>• Low energy</li><li>• Weight management</li><li>• Insulin resistance</li><li>• Nutrient deficiencies</li></ul> <p><b>Physical health (in person)</b></p> <ul style="list-style-type: none"><li>• Physical health assessment (60min)</li><li>• Personal training session (60min)</li><li>• Physio session (30min)</li><li>• Sports massage (30min)</li></ul> <p><b>Sleep health (virtual)</b></p> <ul style="list-style-type: none"><li>• Improving wellbeing through sleep science and chronobiology</li><li>• Compassion-Focused Therapy (CFT)</li><li>• Cognitive Behavioural Therapy for Insomnia (CBTi)</li><li>• Mindfulness</li></ul> <p><b>Mental health (virtual)</b></p> <p>Therapy sessions are 50-60mins</p> <ul style="list-style-type: none"><li>• Workplace stress</li><li>• Life transitions</li><li>• Anxiety</li><li>• Depression</li><li>• Loss, work-life balance</li><li>• Performance anxiety</li><li>• Trauma &amp; PTSD</li><li>• Relationship issues</li><li>• Eating issues</li><li>• Substance abuse</li><li>• Sexual issues</li><li>• Post-natal support.</li></ul> | ✓        | <p><b>4x appointments</b> with a lifestyle medicine specialist (physical/virtual). Utilise additional appointments when it suits you, on a PAYG basis.</p> |

| Additional blood tests (x2)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Included |                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------------------------------------------------------------------------------------------------------------------|
| <p>Available options:</p> <ul style="list-style-type: none"><li>• VHL2 – Full blood count &amp; blood chemistry</li><li>• VHL5 – General well person profile</li><li>• VHL6 – General well man profile</li><li>• VHL7 – General well woman profile</li><li>• VHL16 Female Hormone Health profile</li><li>• VHL17 Male Hormone Health profile</li><li>• Thyroid panel</li><li>• Liver panel</li><li>• Vitamin D</li><li>• VIT8 Vitamin profile</li><li>• PSA (prostate)</li><li>• HbA1c (blood glucose)</li></ul> | ✓        | <p>All blood tests are as clinically advised by a Thyme GP.</p> <p>Blood tests utilise a 30-minute consultation.</p> |

| Vaccinations   | Included |                                                                                                   |
|----------------|----------|---------------------------------------------------------------------------------------------------|
| Annual Flu jab | ✓        | Available to all members and associate members, as appropriate. Subject to seasonal availability. |

## Price list for Additional Services

| Preventative testing                                                                                                                                                                                       | Price                                                             |                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wellperson (blood test)                                                                                                                                                                                    | From £157                                                         |                                                                                                                                                                                                |
| Advanced blood test                                                                                                                                                                                        | From £400                                                         | Includes tests for iron, vitamin B12, folate, thyroid stimulating hormone, total thyroxine, fatty acids, magnesium, selenium, vitamin A, vitamin E, zinc, copper, iodine, creatinine.          |
| 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<br>(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 (male/female)                                                                                                                                                                              | From £173                                                         | Providing information about hormone imbalances and conditions.                                                                                                                                 |
| Allergies and Intolerances <ul style="list-style-type: none"> <li>Allergy Profile 1 (151 foods &amp; inhalants)</li> <li>Allergy Profile 2 (94 foods)</li> <li>Allergy Profile 3 (59 inhalants)</li> </ul> | Profile 1 from £420<br>Profile 2 from £285<br>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.                                                                   |
| DNA screen                                                                                                                                                                                                 | £150                                                              | A one-off test which looks at 1,000 genetic areas                                                                                                                                              |
| Epigenetics test                                                                                                                                                                                           | £250                                                              | A repeatable test that tracks your Biological Age vs Chronological Age, Hearing, Eye, Memory and Inflammation Health. 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<br>30min £119 | Prices shown include 20% discount rate. |
| GP home visit                                    | From £350               | T&Cs apply.                             |
| Nurse appointment (in clinic or virtual)         | 15min £48<br>30min £80  | Prices shown include 20% discount rate. |
| Nurse home visit                                 | From £190               | T&Cs apply.                             |

## Price list for Additional Services (continued)

| Vaccinations | Price |                                                                             |
|--------------|-------|-----------------------------------------------------------------------------|
| 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

- Lead Members and Associate Members (except for children) must sign up to Thyme's T&Cs by completing a Member Agreement or Associate Member Agreement
- You do not incur a charge for adding Associate Members to your membership
- 'Additional Services' are defined as services which are not expressly included within the membership allowance
- Unless the Lead Member specifies otherwise, Associate Members will pay for any Additional Services that they utilise – either at the point of use or upon booking an Additional Service
- Lead Members cannot access Associate Members' personal medical information (and vice versa) unless this is expressly consented to

# THYME

+44 (0)330 088 2020

20 KING ST, ST. JAMES'S, LONDON SW1Y 6QY

[YOURTHYME.COM](http://YOURTHYME.COM)