

THYME

SIGNATURE

Quick Reference Guide

Signature membership

Thyme’s Signature membership can be tailored to your needs. Select from our menu of services to build a custom-made membership package.

Services range from Whole Health Checks and preventative tests, to private GP appointments and consultations with nutritionists, sleep therapists, physios, personal trainers, and mental health therapists.

Whatever you select, your Personal Health Planner will be there to support you along your journey.

Contact us today to discuss your Signature membership.

Key			
✓	Service included	POA	Price on application
		*	Available through a Custom whole health check

Payment options	Signature membership	
Administration fee	£75	A one-off payment to set-up your membership.
Pay annually	£POA	
Pay monthly	£POA	

Service menu

Whole Health Checks	Essential £575 per person	Core £1,675 per person	
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 (continued)	Essential £575 per person	Core £1,675 per person	
Wellperson 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	*	✓	
Tumour markers	*	✓	PSA prostate cancer marker (Men); CA 125, He4+ROMA ovarian cancer marker (Women) – as clinically advised
Microscopy, Culture and Sensitivity (Urine)	*	✓	
GI360 Comprehensive gut health 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 (QFIT)
Nutritional health assessment (virtual) – 30mins	*	✓	Helps 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

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 (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 - 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.

Genetic testing	Price	You will receive a comprehensive report in your app. Utilise a GP appointment from your allowance to discuss your results.
DNA test	£150	A one-off test which 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
Epigenetics test	£250	Your genetic makeup is your blueprint at birth, your epigenetics can be changed through your lifestyle. Repeatable epigenetic tests track your Biological Age vs Chronological Age, as well as your Hearing, Eye, Memory and Inflammation Health.

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).

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

Lifestyle medicine	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 a 20% member discount rate.
GP home visit	From £350	T&Cs apply.
Nurse appointment (in clinic or virtual)	15min £48 30min £80	Prices shown include a 20% member discount rate.
Nurse home visit	From £190	T&Cs apply.

Key information

- You can share your membership with family or friends that we call Associate Members
- 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
- Once you have utilised your allowance of services included in your Signature membership, you and your Associate Members can continue to use any Additional Services on a pay-as-you-go (PAYG) basis
- 'Additional Services' are defined as services which are not expressly included within your Signature membership
- 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

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