

Baseline Requirements

1. For any new applicants or transfers of members over the age of 50 years, or with an elevated BMI, we require the following:
 - Copies of all medical records from all attending doctors and /physicians
2. The following baseline health reports and diagnostics results need to be included as below:
 - Current Blood Pressure readings (within the last 3 months)
 - Current Lipid Profile (within the last 3 months)
 - Current HbA1C (within the last 3 months)
 - Fasting Insulin

PLUS

Males

- PSA (within last year)

Females

- Mammogram (within last 12 months)
- Ultrasound of breast (within last 12 months only if fibroadenosis present)
- Bone density (within last 12 month)
- PAP smear (within last 12months)

Regards

The Alliance Health Team