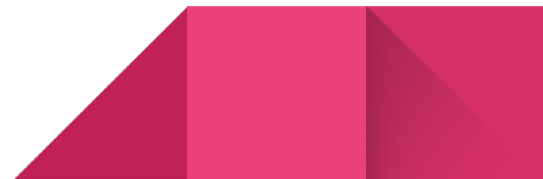


# Price List

Valid from 01.06.2019

Please refer to our website for a full list of our services or contact our Patient Coordinator Dena on 01473 218 373 or 01449 833 833 or via [reception@countryhealth.co.uk](mailto:reception@countryhealth.co.uk) for any enquiries.

We also offer a variety of supplements. All our clients benefit from a 5% discount of Lambert's Supplements from the RRP. [Postage cost applies for orders under £25]



## CountryHealth Club<sup>1</sup>

We are dedicated to offer all our clients an outstanding service. Our Patient Coordinator is happy to arrange tests for you via phone, email or in person. Our membership club offers you an all-inclusive experience, including an **additional 5% on supplement orders** from Lamberts.

To order club membership, please click [HERE](#).

Service	Online	Personal	<a href="#">CountryHealth Club</a>
Ordering a report	FREE	£ 15	Included
Ordering Home test kit from Medichecks or Thruva or ImuPro.			
Ordering Invivo or Lifecodex Test			
Uploading additional results <sup>2</sup>	N.A.		
Short advice <sup>3</sup>			
Paper report instead of email report			
Handling of prescription drugs <sup>4</sup>			
Written Invoice & BACS payment <sup>5</sup>			

Prices are per service ordered..

### Terms:

- The membership fee is **£ 49 per month**, payable by Direct Debit.
- You need to state that you are a club member when ordering - otherwise your discount cannot be applied.
- You can end your membership any time by cancelling the direct debit instruction. After cancellation, the above fees apply.
- Fees and benefits are subject to change.

<sup>1</sup> Fair usage policy applies - We reserve the right to terminate the membership for overuse

<sup>2</sup> These are results not necessary for the preparation of a standard report

<sup>3</sup> Not medical advice provided by a doctor

<sup>4</sup> If you ask us to order prescription drugs to our practice for collection instead to your home.

<sup>5</sup> If you want to have a written invoice to pay for our services via BACS. Subject to status.

## FREE initial telephone call

A doctor-patient relationship is built on mutual trust. We fully understand that you might want to speak to Dr. Frey before committing to becoming a patient of CountryHealth.

Why not book a 15 min telephone call to find out, how we can help you? We will not be able to provide you with medical advice during this call but can establish, whether our services fit your needs – and how to best proceed.

## Registration Fee £ 59

Applies to ALL new patients. This fee covers our work for putting your details from the [registration form](#) onto our practice software.

## Registration Health Check with Report £ 59

To give you the best possible service we recommend that all new patients book a registration health check BEFORE seeing Dr. Frey. This Mini Health MOT includes body composition analysis, blood pressure and lung function test.

You will receive a comprehensive report, too.

# Consultation Fees

## Initial Consultation with Dr Frey      £ 249/45 min

During your first consultation we will establish the necessary actions to investigate your health problems – or to find out what you need to do to stay well.

The consultation includes taking of your detailed medical history, review of any notes or results already available and a physical examination – if appropriate.

## Follow-up Consultation with Dr Frey   £ 149/30 min

During this consultation we review your progress, discuss additional tests and finetune your treatment plan.

## Telephone/Skype consultation      £ 79 per 15 min

Please order with this [PAYLINK](#).

If you are further away and want to discuss a health issue, a report received or follow-up on a previous consultation. This is NOT suitable to discuss a GI-MAP result.

## GP Letter / Referral      from £ 79

## Advice by with Dr Frey      from £ 79

Depending on the complexity of the advice. Please order with this [PAYLINK](#).

## Private Prescription / Sick note      £ 30

NB: The fee for a private prescription is included in any of our reports.

# Thyroid Clinic

## Ultimate Thyroid Profile

£ 219

Additional fees: Phlebotomy £ from 49, postage from £ 6.50, Extended Thyroid Report £ 129

The bundle does not include the cost for supplements or medication

This is our **most comprehensive test** if you feel tired all the time. Not only does it test the full thyroid profile including reverse T3, it also ensures that other causes of tiredness are investigated.

Turnaround time approx. 21 days

What is included: Full Blood Count; Inflammation markers: ESR & CRP; Iron status Profile (Iron/Total Iron Binding Capacity/Ferritin); TSH, FT4, FT3, Reverse T3; Vitamin D; Tissue Transglutaminase IgA – a reaction to gluten

We recommend to add our Extended Thyroid Report, approx. 33 pages with detailed recommendations, a supplement plan, & a private prescription if indicated.

## Advanced Thyroid, Vitamin and Iron Profile, with reverse T3

£ 169

Additional fees: Phlebotomy £ from 49, postage from £ 6.50, Extended Thyroid Report £ 129

The bundle does not include the cost for supplements or medication

We recommend this bundle for all of our first time thyroid patients. Turnaround time approx. 21 days

What is included: TSH, T4 – the inactive thyroid hormone, T3 – the active thyroid hormone, reverse T3, Thyroid antibodies: TGAB & TPO / TPEX, Vitamin D, Vitamin B9 (Folate), Vitamin B12 & Ferritin – your iron storage, hs-CRP

We recommend to add our Extended Thyroid Report, approx. 15-20 pages with detailed recommendations, a supplement plan, & a private prescription if indicated.

## Advanced Thyroid, Vitamin and Iron Profile      £ 99

Additional fees: Phlebotomy £ from 49, postage from £ 6.50, Extended Thyroid Report £ 149

The bundle does not include the cost for supplements or medication.

Turnaround time 10-14 days

We recommend this bundle for all of our first time thyroid patients.

**What is included:** TSH, T4 – the inactive thyroid hormone, T3 – the active thyroid hormone, Thyroid antibodies: TGAB & TPO / TPEX, Vitamin D, Vitamin B9 (Folate), Vitamin B12 & Ferritin – your iron storage, hs-CRP

We recommend to add our Thyroid Report, approx. 33 pages with detailed recommendations, a supplement plan, & a private prescription if indicated.

## Standard Thyroid Profile with antibodies      £ 59

Additional fees: Phlebotomy £ from 49, postage from £ 6.50, Thyroid Report £ 99

The bundle does not include the cost for supplements or medication

Turnaround time approx. 14 days

What is included: TSH, T4 – the inactive thyroid hormone, T3 – the active thyroid hormone, Thyroid antibodies: TGAB & TPO / TPEX

We recommend to add our Thyroid Report, approx. 33 pages with detailed recommendations, a supplement plan, & a private prescription if indicated.

## Extended Thyroid Report

£ 149

Report your results for TSH, FT4, FT3, rT3, thyroid antibodies, Vitamin B9, B12, D and ferritin

This does not include blood tests! Useful for patients further afield.

In addition to the Standard Thyroid report, we analyse your vitamin and iron status.

The report includes the fee for a private prescription if indicated, but not medication.

## Standard Thyroid Report

£ 99

Report your results for TSH, FT4, FT3, rT3 & thyroid antibodies

This does not include blood tests! Useful for patients further afield.

Our Thyroid Report is a comprehensive document, about 33 pages, which explains to you in more detail how your thyroid works, what all the different tests mean, how you can help yourself with lifestyle changes and supplements. We also explain the different medication and why the standard medication of Levothyroxine does not work for some patients.

Your results will be presented in an understandable format, colour coded and we also put them on a scale from -10 to +10 with -1 to +1 being the optimal range.

The report includes the fee for a private prescription if indicated, but not medication.

# Food Intolerance Testing

All tests include the blood sampling and courier fees. If additional blood tests are requested, a blood testing fee is required to cover our additional work.

Results will be sent to you via email. The turnaround time is 14-21 days.

## ImuPro Complete £ 549

ImuPro Vegetarian tests nearly 270 food items, such as common vegetables, fruits, cereals, dairy products and chicken egg as well as some superfoods.

You will receive 3 reports via email: The summary report, a personal nutritional guide and your “genetic” recipe book.

## ImuPro Vegetarian £ 279

ImuPro Vegetarian tests the 90 most important foods, such as common vegetables, fruits, cereals, dairy products and chicken egg as well as some superfoods.

## ImuPro Screen 22 £ 129

ImuPro Screen provides an individual analysis of 22 foods. It is a simple way to find out whether you may have an IgG food allergy quickly and at a reasonable price.

## Currency Surcharge

The ImuPro tests are processed by a laboratory in Germany. To cover our currency exchange cost, the following surcharges apply to all ImuPro tests:

- |              |            |     |
|--------------|------------|-----|
| • GBP to EUR | > 1.10     | NIL |
| • GBP to EUR | 1.0 to 1.1 | 10% |
| • GBP to EUR | 0.9 to 1.0 | 20% |
| • GBP to EUR | 0.8 to 0.9 | 30% |



# Other services

## Blood tests

We offer a huge variety of blood tests for nearly every possible health problem. Most prices are advertised on our website. If you are looking for something specific, please ask us.

Our key lab partners are the Doctors Laboratory, THRIVA, MediChecks, ImuPro, Regenerus, Armin Labs and Invivo Clinical.

## Blood sampling & Processing from £ 59

Monday-Thursday recommended. Included in ImuPro tests. All other blood tests require a blood sampling & processing fee to cover our additional work.

Many blood samples will need to be centrifuged and separated within one hour to ensure reliable results. Our fee includes Royal Mail Special Delivery Guaranteed® by 1pm the next day. We send you the results via email.

## Adrenal Fatigue Report £ 149

Report your results for saliva cortisol and DHEA [if available]

This fee does not include the test!

Our Adrenal Report is a comprehensive document, about 40 pages, which explains to you in more detail how your adrenals works, what all the tests results mean, how you can help yourself with lifestyle changes and supplements.

## GI-Map Report

£ 199

Report your results from the GI-MAP stool test from Diagnostic Solutions.

This fee does not include the test!

Our GI-Map Report is a comprehensive document, about 65 pages, which explains to you in more detail the results of your tests and gives a detailed treatment plan.

If you need a prescription, the fee is included in the report - but not the cost of medication or supplements.

## GI-MAP™ Interpretive Guide

£ 49

Analyse your results from the GI-MAP stool test from Diagnostic Solutions.

This fee does not include the test!

Understanding the report provided with the test can be very daunting. We have compiled an Interpretive Guide to help you with this. It does not contain personal recommendations on how to treat any imbalances or infections. This can be ordered separately.

Once ordered, you can find the download link in your email confirmation.

# Administrative Fees

VAT applies once we will be registered.

Late payment fee	min £ 20 + VAT
Travel Insurance note	£ 30 + VAT
To Whom it May Concern Letter	from £ 79 + VAT
Copy of electronic notes, via email	£ 10 + VAT
Copy of paper notes, via post	£ 50 + VAT