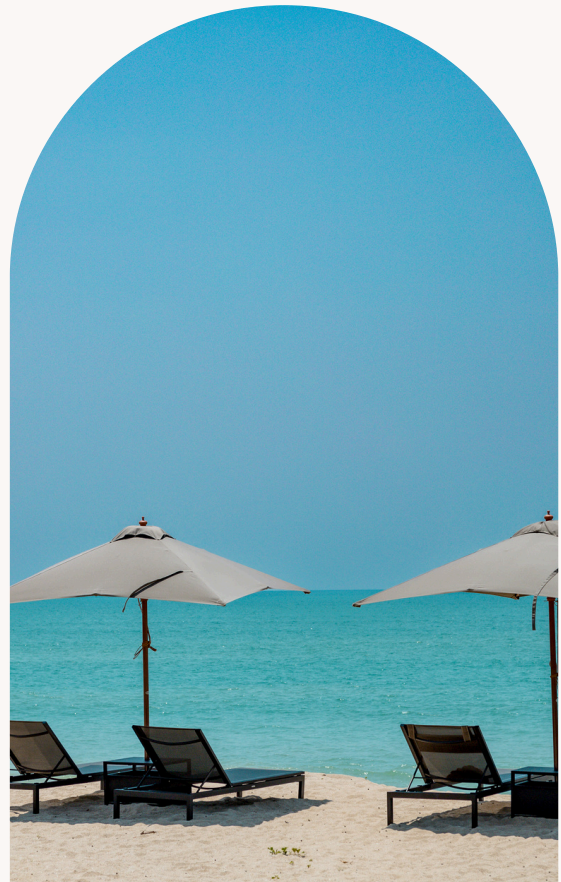


# May Newsletter

## What's Happening

- Getting Summer Ready
- Travel Vaccines
- Travel Visas
- OEUK Medicals
- Mental Health Awareness
- Cervical Smear Test With HPV
- Important Updates



## Glasgow Medical Rooms

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# Let's Get Summer Ready:

As we head into the warmer months, it's the perfect time to prioritise your health and get summer ready. Whether you're planning holidays, increasing your activity levels, or simply want to feel your best, a routine health check can help you stay on track. From blood tests and blood pressure checks to general wellbeing reviews, taking a proactive approach now can help identify any concerns early and give you peace of mind for the months ahead. Book in with our team at Glasgow Medical Rooms Private GP and start your summer feeling confident, healthy, and prepared.



For those looking to take a proactive approach to their health this summer, our comprehensive GMR4 blood package includes all of the essential tests – from general health screening and cholesterol to vitamin levels and thyroid function. Usually priced at **£340**, we're offering a reduced rate of **£280** for the month of May. when booked alongside a consultation with one of our nurses or doctors. It's a great opportunity to get a full picture of your health at a discounted price and head into the summer months feeling your best.



## Travel Visas



With summer holidays approaching, now is the perfect time to ensure all your travel documentation is in order, including any required medical forms for visas. At Glasgow Medical Rooms Private GP, we can assist with completing travel visa medical paperwork efficiently and professionally, helping to avoid last-minute stress or delays. Whether your destination requires specific health declarations or supporting medical documentation, our team is here to guide you through the process so everything is completed correctly ahead of your trip. Book early to make sure you're fully prepared for a smooth and stress-free journey this summer.

## Travel Vaccines

With summer holidays approaching, now is the perfect time to plan your travel health. Some vaccines need multiple doses or time to take effect, so booking early helps ensure you're fully protected. We offer a full range of travel vaccinations plus personalised advice for your destination—and it's just £40 for a consultation with a nurse to discuss what vaccines you need. We also offer telephone consultations, so you can decide what's required before coming into the practice. Book your travel clinic appointment today and travel with confidence.





## Mental Health Awareness Month

May is Mental Health Awareness Month, a time to recognise the importance of looking after our emotional wellbeing as well as our physical health. At Glasgow Medical Rooms Private GP, we understand that mental health concerns can affect anyone, and seeking help early can make a significant difference. Our GPs offer a supportive, confidential space to discuss any issues you may be experiencing, whether that's stress, anxiety, low mood, or burnout. Where appropriate, we can provide ongoing management, treatment options, or referrals to specialist services to ensure you receive the right level of care and support.

## OEUK Medicals

If you require an OEUK medical, our team at Glasgow Medical Rooms is here to support you with a fast and efficient service to keep you compliant and ready for offshore work. We offer standard OEUK medicals at £170, as well as combined OEUK + Fit to Train assessments for £265, ensuring you meet all necessary occupational health requirements in one convenient appointment. In addition, we also provide Chester Step Tests with our physiotherapist every Thursday at £70, allowing for a comprehensive assessment of your fitness for offshore duties. Book with us today to get your certification completed smoothly and without delay.



# Cervical Smear Test With HPV



Cervical screening (smear tests) is one of the most effective ways to detect early changes and prevent cervical cancer. With advances in laboratory processing and more efficient referral pathways, results are now returned more quickly, reducing waiting times and anxiety. Improved appointment systems also make it easier to access screening at a convenient time. Our private smear tests are available for £250, including consultation, and cover both cytology and HPV testing for a comprehensive assessment with a rapid turnaround. This streamlined approach ensures a quicker, more supportive experience, helping patients access timely results and proactive care.

## Important Updates

### **Booking & Payment Information**

In response to a significant number of missed appointments and non-attendance, we have revised our deposit policy. This measure supports efficient scheduling and helps improve access to care for all patients. Please contact our team for further details.

If you have any questions about pricing or what may be included in your appointment, our team will be happy to help.

