

Comprehensive Health Assessments:

To be fulfilled, you must define your life, establish your goals and have a clear objective on how to achieve them. We will support your aspirations and supply you with the knowledge and tools to live your life with purpose. Welcome to the journey in pursuit of inward success. Our comprehensive CHA (comprehensive health assessment) is a necessity to knowing your health status and without this information it's impossible to treat and prescribe accordingly. The table below will assist you in understanding the various CHA assessment measures, their frequency as well as their cost.

Assessment Table:

MEASURE	CHA1	CHA2	CHA3	VITALITY
Height	X	X	X	X
Weight	X	X	X	X
Body Mass Index (BMI)	X	X	X	X
Resting and Maximum Blood Pressure	X	X		
Resting and Maximum Heart Rate	X	X		X
Fasting Total Cholesterol	X			
Fasting Blood Glucose	X			
Lung Function	X			
Body Fat%	X	X	X	
Body Circumference Measurements	X	X	X	X (waist)
Waist to Hip Ratio	X	X	X	
Fat Free Mass	X	X	X	
Bone Mass	X	X	X	
Basal Metabolic Rate	X	X	X	
Metabolic Age	X	X	X	
Hydration Level	X	X	X	
VO2max Estimate	X	X		X
Movement Quality Assessment	X	X		X
Strength & Flexibility	X	X		
Life Energy Assessment	X			
Dietitian Consult	X			X
COST	R1395.00	R595.00	R245.00	R770.00
FREQUENCY	Yearly	Quarterly	On Request	Once to 4 times/year



Important Notes:

- The cost of the assessments may be claimed back from your medical aid
- Please wear exercise appropriate attire to the assessment
- Please avoid training before your assessments as this will affect your results
- Please avoid booking the assessment during your menstrual period as this will affect the outcome
- Please ensure that you book your follow up assessments in advance – you will receive a reminder closer to the assessment date

Dietician Consult Consists of:

- Diet history
- Discussion of dietary issues (e.g. high cholesterol)
- Nutritional advice
- Generalized sample meal plan

Chiropractic Assessment:

- Findings of the Biokinetic assessment will determine whether a Chiropractic assessment is warranted. The assessment will have to be booked separately with one of the Once Active Chiropractors.

Yours in Health,

Bertie Herbst Biokineticists

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