

Your recovery deserves more than a six-week check

Modality is offering new mums a free, comprehensive postnatal health check, reviewed by a specialist multidisciplinary team of doctors, nurses, and women's health clinicians. You'll receive a blood test, a personalised digital health assessment, and a tailored report with clear next steps, all arranged through your practice. Scan the QR code to find out if you're eligible.

	Standard NHS check	Your Hesta Health Check
Format	In person	Digital questionnaire, completed at home
Health areas	General wellbeing and mental health	Physical recovery, mental health, hormonal, lifestyle and more
Blood tests	Not routinely included	Full blood panel, including iron, thyroid and metabolic markers
Who reviews your results	Your GP	A specialist multidisciplinary team of doctors
What you receive	Verbal feedback	A written personalised health report with clear next steps
Follow-up	Referral if needed	Recommendations and referrals where needed, with a care plan
Cost	Free on the NHS	Free as part of this study

"The Hesta Health Check is what postnatal care should look like."

Beta participant, early access programme



Scan the QR code to find out more