

UAE Health Check-up Market Poised for 5.0% CAGR Growth through 2032: Persistence Market Research

UAE health check-up market driven by rising preventive care focus, mandatory screenings, digital health adoption, and growing personalized wellness programs

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/EINPresswire.com/ -- The [UAE health check-up market](#) is expected to

experience significant growth, with projections indicating a rise in market size from US\$ 77.0 million in 2025 to US\$ 113.8 million by 2032. This growth

reflects a compound annual growth rate (CAGR) of around 5.0% from 2025 to 2032. The market expansion can be attributed to the increasing emphasis on preventive care, awareness of lifestyle diseases, and the introduction of advanced diagnostic technologies. In particular, cities like Abu Dhabi and Dubai have witnessed a cultural shift, where regular health check-ups are no longer optional, but a vital part of healthcare management. Furthermore, mandatory health screenings linked to residency and employment policies, as well as technological innovations, are driving this transformation in the UAE's healthcare landscape.

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Key Industry Highlights

General health check-ups are anticipated to dominate the market in 2025, largely due to the rising focus of corporates on employee wellness programs, which aim to reduce absenteeism and lower insurance costs. Blood glucose tests are also expected to represent around 22.6% of the market share in 2025, driven by national campaigns that aim to raise public awareness about diabetes and the benefits of early detection. Abu Dhabi is forecast to capture a significant portion of the market, aided by strong public-private collaborations such as those seen with SEHA and Mubadala Health. These partnerships are increasing access to innovative diagnostic



services across the emirate.

Market Dynamics

Driver - Government Campaigns and Residency Rules Fuel Growth in the UAE

A major driver of the UAE health check-up market's growth is the government's focus on promoting proactive health management. In November 2023, the UAE Ministry of Health and Prevention introduced a nationwide campaign offering free diabetes screenings to Emirati residents. This is just one example of government initiatives aimed at enhancing health awareness and encouraging early intervention. Additionally, residency and employment requirements are fueling the demand for routine health check-ups. Foreign nationals aged 18 and above are required to undergo medical fitness tests as part of visa and employment processes. These screenings, which check for communicable diseases like hepatitis and tuberculosis, have been instrumental in promoting overall public health.

Restraint - Overuse of Diagnostic Tests and Rapid Expatriate Turnover

Despite the growth potential, the UAE health check-up market faces certain challenges. One such issue is the overuse of diagnostic tests. Some private healthcare providers have been accused of over-diagnosing patients to capitalize on insurance payouts, leading to unnecessary treatments and increased healthcare costs. The Dubai Health Authority has taken steps to address these concerns, aiming to regulate private hospital services to prevent over-treatment and fraud. Another challenge is the high turnover of expatriate workers in the UAE. Healthcare facilities rely heavily on foreign healthcare professionals, and the frequent turnover of staff disrupts continuity of care, putting strain on healthcare infrastructure and making it difficult to maintain high standards in health check-up services.

Opportunity - Emirati Genome Program Accelerates Shift to Personalized Screenings

An exciting opportunity in the UAE health check-up market lies in the rapid development of genomic research and personalized medicine. The Emirati Genome Program, led by the G42 and Mubadala-backed M42 initiative, is one of the world's most comprehensive genomic databases. With over 800,000 genomes sequenced, including more than 700,000 Emirati genomes, this database is driving the development of highly personalized health check-ups. By identifying genetic predispositions to diseases like cancer and cardiovascular conditions, healthcare professionals can offer predictive and customized screening programs. This shift toward personalized care could significantly reduce the long-term burden on the healthcare system while improving patient outcomes.

Category-wise Analysis

Check-up Type Insights

The UAE health check-up market is segmented into several categories, including general health, preventive health, specialized health, and wellness health. The general health segment is expected to capture the largest share in 2025, driven by the increasing prevalence of chronic conditions like obesity, diabetes, and cardiovascular diseases. General health check-ups often include essential diagnostics such as blood pressure measurements, blood tests, and BMI assessments. These screenings help in the early detection and management of chronic diseases.

Specialized health check-ups are anticipated to grow at a significant CAGR from 2025 to 2032. The growing adoption of imaging-based tests and other advanced diagnostic tools is making specialized health check-ups more accessible. These tests are vital for early detection of conditions such as cancer and heart disease, which require targeted interventions for optimal outcomes.

Body Test Insights

The market is also segmented by the type of body test, including blood glucose tests, kidney function tests, bone profile tests, lipid profile tests, liver function tests, and more. The blood glucose test is predicted to hold a significant share in the market, largely due to the rising prevalence of diabetes and pre-diabetes in the UAE. According to the International Diabetes Federation, 16.3% of the UAE population suffers from diabetes, far exceeding the global average. This underscores the urgent need for regular screenings to detect and manage the disease early.

Additionally, tumor marker testing is expected to see increased demand in the coming years due to the rising incidence of cancer in the UAE. With more emphasis being placed on personalized medicine, tumor marker tests offer an innovative solution for early cancer detection, and technologies such as liquid biopsies provide a less invasive, more accurate method for screening.

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Regional Insights

Abu Dhabi Health Check-up Market Trends

Abu Dhabi is expected to dominate the UAE health check-up market, accounting for approximately 32.8% of the market share in 2025. The emirate is increasingly adopting personalized wellness programs and promoting preventive care through various digital health initiatives. For example, a recent initiative by the Department of Community Development found that 53% of Abu Dhabi residents meet the World Health Organization's recommended levels of

physical activity, reflecting a growing commitment to health and wellness.

Additionally, Cleveland Clinic Abu Dhabi reported a 35% growth in international patients in 2024, further establishing Abu Dhabi as a global healthcare hub. Advanced diagnostic tools, including AI-assisted imaging and genomic testing, are boosting the efficiency of health screenings, helping to identify conditions like cardiovascular diseases and cancer at early stages.

Sharjah Health Check-up Market Trends

Sharjah is witnessing steady growth in its health check-up market, particularly in community outreach and occupational health. Campaigns like “Your Safety Is Our Goal” aim to improve the health and safety of outdoor workers, while events such as the My Health Conference help promote health awareness. These initiatives focus on mental health, balanced nutrition, and stress reduction, which are important for creating a healthier workforce.

Dubai Health Check-up Market Trends

Dubai’s health check-up market is thriving due to the growing corporate wellness sector. Companies are increasingly offering preventive healthcare services as part of their employee benefits packages. Dubai’s standing as a global medical tourism destination is also contributing to the growth of diagnostic services, with the Dubai Healthcare City housing over 90 diagnostic centers that collectively perform millions of tests each year.

Competitive Landscape

The UAE health check-up market is highly competitive, with numerous players ranging from digital health startups to specialized diagnostic centers and private hospitals. Key players are differentiating themselves by offering comprehensive packages that include wellness consultations, chronic disease monitoring, and personalized screening options. Many companies are also embracing technological advancements such as telemedicine, AI diagnostics, and home sample collections to cater to the growing demand for convenience and accessibility in healthcare services.

Key Players in the UAE Health Check-up Market

Quest Diagnostics Incorporated

OPKO Health Inc.

Laboratory Corporation of America Holdings

UNILABS

SYNLAB International GmbH

Sonic Healthcare Limited

Q2 Solutions

ARUP Laboratories

Eurofins Scientific
Others

Key Industry Developments

Recent developments in the UAE health check-up market include the Abu Dhabi Public Health Center's collaboration with the Ma'an social contribution authority in May 2025 to enhance early screening programs for diabetes, cardiovascular diseases, and cancer. Furthermore, innovations such as the Biosigns AI technology, which allows users to monitor their health using smartphones, are poised to revolutionize the way individuals engage with their health check-ups.

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Market Segmentation

By Checkup Type

General Health
Preventive Health
Specialized Health
Routine and Wellness Health

By Body Test

Blood Glucose Test
Kidney Function Test
Bone Profile Test
Lipid Profile Test
Electrolytes Test
Liver Function Test
Special Biochemistry
Cardiac Biomarkers
Hormones and Vitamins
Tumor Markers
Others

By Test Technique

Blood, Urine, Body Fluid Tests
Imaging-based Tests
Non-imaging-based Tests

By Application

Cardiovascular Diseases

Metabolic Disorders

Cancer

Inflammatory Conditions

Musculoskeletal Disorders

Neurological Conditions

Others

By Service Provider

Hospital-based Laboratories

Central Laboratories

Standalone Laboratories

By End-use

Enterprise

Private (Corporate) Sector

Government Sector

Insurance

Individual

Out of Pocket

Individual Health Insurance Plan

By Emirate

Abu Dhabi

Ajman

Dubai

Fujairah

Ras Al Khaimah

Sharjah

Umm Al Quwain

Future Outlook

The UAE health check-up market is expected to continue its robust growth, driven by a combination of government policies, technological advancements, and increased public awareness of the importance of preventive healthcare. As personalized medicine and digital health technologies evolve, the market will likely see further shifts toward customized screenings, which will not only improve health outcomes but also reduce the strain on the

healthcare system in the long run.

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