

# Traditional health assessments comparison

Assessment		Lifestyle	Female	360	360+
Duration		1hr	1hr	2hrs	3hrs
Clinicians		Physiologist	Doctor	Doctor Physiologist	Doctor Physiologist
About you	Trium® online health risk analysis	✓	✓	✓	✓
	Full physical examination with a Doctor		✓	✓	✓
	Consultation time with a Doctor	n/a	1hr	1hr	1hr
	Consultation time with a Physiologist	1hr	n/a	1hr	2hrs
Your measurements	Height and weight measurements	✓	✓	✓	✓
	Waist circumference	✓		✓	✓
	Body mass index (BMI)	✓	✓	✓	✓
	Body fat percentage	✓		✓	✓
Unique tests	Functional movement assessment	✓		✓	✓
	Dietary analysis	✓		✓	✓
	Measurement of physiological resilience to stressors	✓		✓	✓
	Analysis of metabolic syndrome risk syndrome	✓		✓	✓
	Hydration levels	✓		✓	✓
	Urine analysis	✓		✓	✓
Heart and lungs	Blood pressure	✓		✓	✓
	Resting ECG			✓	✓
	Cardiovascular risk score			✓	✓
	Dynamic cardiovascular test measuring ECG & blood pressure using a Wattbike or Aerobic fitness test measuring submaximal VO2 using a Wattbike (the clinical appropriateness of each test would be discussed with the clinical team allowing the client to make an informed decision)				✓
	Chest X-Ray (if clinically indicated)			✓	✓
	Cardiovascular fitness (VO2 max) prediction	✓			✓
Laboratory tests	Cholesterol profile	✓	✓	✓	✓
	Full blood count to test for anaemia		✓	✓	✓
	Full biochemistry profile including liver and kidney function			✓	✓
	Blood glucose test for diabetes		✓	✓	✓
	HbA1c (non-fasted blood sugar) for diabetes	✓			
	Bowel cancer test (45+)			✓	✓
Female specific	Cervical smear		✓	✓	✓
	Breast examination and guidance on self examination		✓	✓	✓
	Pelvic examination		✓	✓	✓
	High vaginal swab (if clinically indicated)		✓	✓	✓
	Mammography (where purchased and if clinically indicated)		✓	✓	✓
	Thyroid function test (female 50+)		✓	✓	✓
Male specific	Testicular examination and guidance on self examination			✓	✓
	Prostate cancer blood test (50+)			✓	✓
Lifestyle coaching	Consultation with a Doctor to discuss results		✓	✓	✓
	Tailored lifestyle coaching with Physiologist	✓			✓
	Full personalised report including lifestyle guidance	✓	✓	✓	✓
	Follow-up calls available	✓	✓	✓	✓