

# Building a healthier nation

Driven by our purpose to build a healthier nation, our experts have been working together for more than 60 years to make the nation fitter, healthier, happier and stronger.

Nuffield Health provides health and wellbeing for every part of you. We believe that the best healthcare should help prevent illness by looking after mind and body. That's why we are connecting your health and wellbeing, spanning physical and mental health – from personal training, health assessments, GP services and physiotherapy, to providing mental health support or hospital care and treatment.

We work together as a team to help you achieve your health and wellbeing ambitions. We provide free health and wellbeing programmes in your local communities by giving more people the tools they need to live a healthy life. These programmes help people understand and improve their own health, from those living with joint pain, to helping rehabilitate people experiencing the long-term effects from COVID-19.

**To find out more, search Nuffield Health.**

## Free 30-day gym pass

As part of your health assessment receive a free 30-day pass to our nationwide network of fitness and wellbeing centres.

Hospitals | Fitness | Physio | Mental Health

# How you feel tomorrow starts with understanding your health

## Introducing our Female health assessment



For more information, visit [nuffieldhealth.com/health-assessments](https://nuffieldhealth.com/health-assessments) or call **03301 628 145** to book your health assessment today.

# Open the conversation

At Nuffield Health all our health assessments focus on preventative health. This means that we concentrate on informing you about your current health and wellbeing; by discussing potential issues, whilst also reinforcing good behaviours.

Through a number of different lifestyle, medical and non-invasive tests, our health assessments will allow you to understand how to take control of your health.

The focus is not to diagnose, but to allow you to understand your body and health. However, if further tests are required, our doctors can refer you to the relevant health experts; both privately or via the NHS.



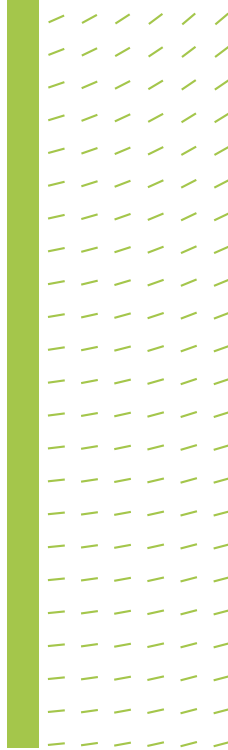
# Female health assessment

Our female only assessment focuses on women's health and gives you one hour with a doctor including time to discuss your results.

This assessment will cover all areas of female health and, importantly, will provide you with the chance to have a relaxed and in-depth consultation with your doctor.

The female health assessment is delivered by a Nuffield Health doctor and includes a breast and gynaecological examination, as well as a consultation covering all major female health concerns. If you have any particular concerns or questions, your doctor will be more than happy to talk through these with you.

Results are discussed face-to-face during the assessment, and within two weeks you'll receive a written personalised report. Where serious issues are found, we'll call you in person before your report is sent and will refer you on to the relevant health specialist.



## Tests include\*

- Trium® – Our online health risk assessment uses evidence-based clinical algorithms to tell you about your health
- Height and weight measurements
- Body Mass Index (BMI) calculation
- Urine analysis
- Blood glucose test for diabetes
- Cholesterol profile
- Breast examination and guidance on self-examination
- Pelvic examination
- Cervical smear (as appropriate)
- High vaginal swab (if clinically indicated)
- Full blood count to test for anaemia
- Mammography\*\* (where purchased for those aged 40 and over if appropriate)

\*Nuffield Health reserves the right not to carry out some tests if deemed clinically inappropriate.\*\*If you are booking a mammogram, this will take a further ½ hour. Please note that in most cases mammograms are booked as a separate appointment and may be held at a different Nuffield Health location to your health assessment.

# Understanding your health assessment

To help us understand all of the factors influencing your health you will complete our online health risk assessment, Trium®, prior to your assessment. Trium® uses evidence-based clinical algorithms to tell you about your current health status and future risk of developing certain lifestyle diseases, along with information on how to address these areas. This equips you and us with the pre-assessment information required to make positive changes during the health assessment.

## Check breasts

As well as checking your breasts for problems your doctor will also show you how to be breast aware and stay problem free. A mammogram is available for women over 40 if appropriate.

## Check cholesterol

Your heart is your body's most vital organ, so make it healthier with a few simple changes. Our quick blood test will assess your cholesterol levels and allow our specialists to help you improve your diet and fitness.

## Check anaemia

Tiredness can be a problem for all of us who lead busy lives. A blood test will check for anaemia and the ability to fight infection, so you know you have the energy to live life to the full.

## Check thyroid

Women over 50 are prone to an underactive thyroid. A blood test will identify this at a very early stage and allow the correct treatment to be given, before it becomes a serious problem.

## Check diabetes

Over 750,000 people in the UK have diabetes without knowing it. We will look for risk factors by measuring your blood glucose (sugar) level and analysing your urine. Our clinicians will then discuss your results and help you manage your blood sugar levels through exercise, nutrition and other lifestyle changes to reduce your risk of developing diabetes in the future.

## Check gynaecology

Whatever age you are, you might need to discuss specific female problems. A cervical smear and full pelvic examination are both offered with full follow-up advice based on the results.

