

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 360+ health assessment



For more information, visit nuffieldhealth.com/health-assessments or call **03301 625 909** 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.



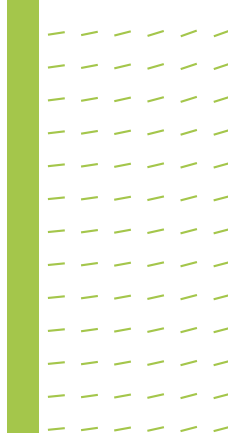
360+ health assessment

The 360+ health assessment is our most in depth assessment, and will give you a full overview of your general health and wellbeing, with an extra focus on cardiovascular health.

Using the latest health testing technology, a doctor and health and wellbeing physiologist will guide you through a comprehensive range of tests, with plenty of time to discuss and explain your results. Knowing how healthy you are means you can tailor your lifestyle and live life to the full.

Your assessment will last up to 3 hours and will include an enhanced focus on cardiovascular disease and personal fitness levels. The health and wellbeing physiologist will conduct lifestyle risk stratification and will then utilise the health assessment data to conduct a detailed lifestyle coaching session and create a personalised action plan to enhance your health and wellbeing.

Results are discussed face-to-face during the assessments, 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 onto 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
 - Body fat percentage
 - Waist circumference
 - Urine analysis
 - Full biochemistry profile including liver and kidney function
 - Full blood count
 - Blood glucose test for diabetes
 - Cholesterol profile
 - Dietary analysis
 - Functional movement assessment
 - Measurement of physiological resilience to stressors
 - Blood pressure
 - Resting ECG
 - Dynamic cardiovascular test measuring ECG + BP during activity (if clinically indicated) or VO2 max
 - Cardiovascular risk score
 - Chest X-ray (if clinically indicated)
 - Bowel cancer test (45+ years)
- For male clients:**
- Testicular examination and guidance on self examination
 - Prostate cancer blood test (50+ years)
- For female clients:**
- Breast examination and guidance on self examination
 - Pelvic examination
 - Cervical smear (as appropriate)
 - High vaginal swab (if clinically indicated)
 - Thyroid function test (female 50+ years)
 - 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 stress levels

The volume, frequency and how we manage stress is key to our health and wellbeing. From your online health risk assessment and during your health assessment we will assess your psychological stress levels. We will measure your physiological response to stressors and discuss the link to health behaviours. We will then discuss techniques to help you respond better during stressful situations to improve your emotional wellbeing.

Check diet and nutrition

Using Trium® and your self-reported dietary behaviours, we will be able to assess your diet against the clinically validated Mediterranean diet. This will allow us to provide bespoke advice on your nutritional habits so that by the time you leave your assessment, you have an understanding the key strengths and weakness of your diet, and know what changes need to be made based on your results.

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 posture and movement health

Musculoskeletal conditions are the leading cause of pain and disability in the UK, and a major cause of workplace absence and productivity loss. The quality and range of your movement can influence your susceptibility to experiencing and living with pain. During your assessment your health and wellbeing physiologist will perform a functional movement assessment. This will evaluate your mobility, stability and strength, to help you to make proactive changes to your work, home and exercise routines to optimise your movement and reduce your risk of future pain and injury.

Check blood

A full blood test will look for anaemia and the ability to fight infection; kidney and liver function; calcium and protein levels; as well as thyroid (female) and prostate (male) for those age 50+.

Check cardiovascular health

A healthy heart is essential for your overall health, and this depends a lot on the way you live. Regular exercise and healthy eating are significant factors in combating high blood pressure and high cholesterol, both of which can contribute to heart disease. Our tests which include an ECG will help reveal any concerns.

“I’m glad I got a health assessment and expressed my concerns to the doctor. Because I didn’t have any other symptoms I could have easily gone another couple of years without being diagnosed.”

Tom, Nuffield Health patient

