

We're building a healthier nation. Starting with you.

Welcome to Nuffield Health, the UK's largest healthcare charity*.

For over 60 years, we've been working to make the UK fitter, healthier, happier and stronger. All for the public benefit. We do this through our family of 31 award-winning hospitals, 112 Fitness and Wellbeing Centres, healthcare clinics and over 200 workplace wellbeing services. Together, they're helping us build a healthier nation.

For more information about health assessments and locations, visit nuffieldhealth.com/health-assessments or call **03452 30 20 40**



Lifestyle health assessment

30-day free access pass to any Fitness and Wellbeing Centres, as part of your health assessment.

*Nuffield Health is a Registered Charity, Numbers 205533 (England and Wales) and SC041793 (Scotland).

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.



Lifestyle health assessment

The Lifestyle health assessment is a contemporary assessment with a focus on common health issues and lifestyle change.

Using the latest health testing technology, a health and wellbeing physiologist will guide you through a comprehensive range of tests, with plenty of time to discuss and explain the results.

Lasting one hour, the focus of the assessment will be a one-to-one coaching session where a health and wellbeing physiologist will tailor a personalised programme to help motivate lifestyle and behaviour change. With our expert guidance, you'll have all you need to achieve your wellbeing goals and live life to the full.

This health assessment highlights common health concerns, from weight management and stress, to poor sleep patterns and posture. And if you have any particular concerns about your health, fitness or lifestyle, we'll be more than happy to talk through these with you as well.

Results are discussed face-to-face during the assessment, and within two weeks, you'll receive a written personalised report.



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
- Body fat percentage
- Waist circumference
- Hydration levels
- Urine analysis
- Dietary analysis
- Blood glucose test for diabetes
- Cholesterol test
- Functional movement assessment
- Measurement of physiological resilience to stressors
- Blood pressure
- Cardiovascular fitness (VO2 max) prediction.

*Nuffield Health reserves the right not to carry out some tests if deemed clinically inappropriate.

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 half a million 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 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 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 fitness

Using the results from your heart rate variability and resting heart rate we are able to assess your fitness levels. You'll then have a coaching session with your health and wellbeing physiologist to help you identify any changes you need to make to your diet, exercise levels and lifestyle.

Check lifestyle goals

It's no good having a list of test results without the knowledge and motivation to make lifestyle changes. Your health and wellbeing physiologist will give you a one-to-one coaching session and will make sure you leave with a lifestyle programme to suit you.

