

With you for the journey

not just for the assessment

With you every step of the way

360+ Health Assessment



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Welcome to the 360+ Health Assessment. It's our most in-depth assessment, and will give you a clearer picture of your general health and wellbeing, with an extra focus on cardiovascular health.

Using the latest health testing technology, your team will guide you through a comprehensive range of tests, with plenty of time to discuss and explain your results. Your assessment will also include a coaching session with your Physiologist to help motivate lifestyle and behaviour change. Knowing how healthy you are means you can tailor your lifestyle and live life to the full. The 360+ Health Assessment will highlight any common health issues such as diabetes, high cholesterol and poor posture. The 360+ also provides an in-depth cardiovascular assessment through a dynamic exercise test (if clinically appropriate) that includes measurement of blood pressure and ECG. If any serious health issues are found, we'll refer you to the relevant health experts. If you have any particular concerns about your health, fitness or lifestyle, we'll be more than happy to talk through these with you.

Our range of health assessments now offers you a complete health journey, not just a single assessment. We understand the importance of taking your health assessment results and using them to make positive lifestyle changes for your future health and wellbeing. That's why you also receive 12 months free access to Nuffield HealthScore™. This is our innovative online, mobile fitness and lifestyle tool with on-going expert support. We can also offer optional face-to-face follow-up appointments with your Nuffield clinical team. It ensures you are supported and motivated to make changes to your health and wellbeing, and gives you the ability to monitor these changes in real time, anytime, anywhere. We are with you for the journey, not just the assessment.



Not just a Health Assessment, a HEALTH JOURNEY

Health Assessment

The 360+ Health Assessment is delivered by both a Nuffield Health Doctor and Physiologist. The 360+ assessment includes an enhanced focus on cardiovascular disease and personal fitness levels. The Physiologist will conduct lifestyle risk stratification and will then utilise the health assessment data to conduct a detailed lifestyle coaching session and a personalised action plan to enhance your health and wellbeing.

Results

Our expert team will discuss your assessment test results with you. Within two weeks, you'll receive a written personalised report as well as detailed information sheets with background on any relevant health issues. Where serious issues are found, we'll call you in person before your report is sent.

Expert support*

A follow up appointment with a Nuffield Health Doctor or Physiologist can be scheduled to ensure that progress is being made, obstacles have been overcome, motivation is kept high and that we continue to support you as part of your health journey.

*Scheduled by separate agreement and may incur an additional cost



Nuffield HealthScore™ Monitor your health & wellbeing, anytime, anywhere

Nuffield HealthScore™ will automatically generate a score between 1- 1,000 based on the results of your health assessment. Your HealthScore will then be driven by 6 key components: Exercise Activity, Nutrition Coach, Step Counter, Body Composition, Sleep Monitor and Stress Manager. Each component has its own score, which will increase if a positive change has been tracked but will also decrease if positive behaviours are not maintained. Behaviour change for each component can be tracked manually or by connecting with selected compatible devices, including heart rate monitors, pedometers, electronic scales and GPS activity trackers. Allowing you to track your health & wellbeing, anytime, anywhere.



TESTS INCLUDE*



- Personal medical history and lifestyle questionnaire
 - Height and weight measurements
 - Body Mass Index (BMI) calculation
 - Body fat percentage
 - Waist circumference
 - Nuffield Body Composition Index
 - Hydration levels
 - Urine analysis
 - Full biochemistry profile including liver and kidney function
 - Blood glucose test for diabetes
 - Cholesterol test
 - Analysis of nutrition status
 - Computerised spinal assessment
 - Lung function test
 - Measurement of physiological resilience to stressors
 - Blood pressure
 - Resting ECG (if clinically indicated)
 - Dynamic cardiovascular test measuring ECG + BP during activity (if clinically indicated)
 - Cardiovascular risk score
 - Chest x-ray (if clinically indicated)
 - Bowel cancer test (45+)
 - Estimation of fitness (VO2 max)
 - Analysis of metabolic syndrome risk syndrome
- For male clients:**
- Testicular examination & guidance on self examination
 - Prostate cancer blood test (50+)
- For female clients:**
- Breast examination & guidance on self examination
 - Pelvic examination
 - Cervical smear
 - High vaginal swab (if clinically indicated)
 - Thyroid function test (female 50+)
 - Mammography (where purchased and usually appropriate for those aged 40 and over)

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



Understanding your

HEALTH ASSESSMENT

Prior to commencing your assessment, there is a short questionnaire that will need to be completed. This helps us understand all the factors influencing your health (e.g. eating and sleeping habits) so we can provide a strong foundation for you to make positive changes. Afterwards, your assessment begins. This includes:



Check stress levels

Now you can control the level of stress you feel and stop it making you ill. Using cutting-edge technology, we will measure your ability to cope with stress, and help you combat the effects.

Check posture

Back pain is very common, but how you treat your back can determine whether you will have to live with it long-term. We will assess your posture using a computerised spinal assessment device and help you make positive changes to your work and home routine to avoid back pain

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. We check your heart both when you are at rest and exercising to give you a thorough assessment of its health.

Check diet and nutrition

We're constantly told what we should eat, but what's right for you, personally? Using our innovative and engaging dietary analysis based on the clinically validated Mediterranean diet, we will provide you with a detailed assessment of your nutritional habits so you can understand the key strengths and weaknesses of your diet and know what changes need to be made.

Check diabetes

Over half a million people in the UK have diabetes without knowing it. With a simple blood test and urine analysis, we can diagnose diabetes and help you manage glucose levels through exercise, nutrition and other lifestyle changes.

Check cholesterol

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

Check lifestyle goals

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

Check blood

In addition to testing for cholesterol and diabetes, 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 the over 50's. All to give you complete peace of mind so that you have a full picture of your current health.

Our locations & additional SERVICES

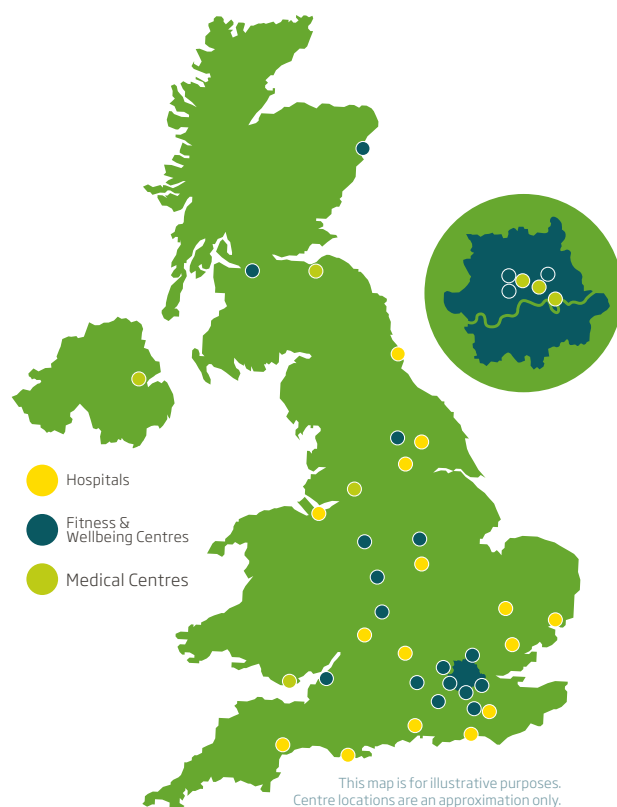
We're the UK's largest health charity, with 11,000 employees - including 4,000 clinical practitioners and the largest private network of Health Assessment centres. All profits are reinvested in our customers' health and wellbeing.



You can book and attend a health assessment at any one of our 41 locations across the UK.

Other services we offer

31 Hospitals
65 Fitness and Wellbeing Centres
Physiotherapy services



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 **Nuffield Health**

How to book your 360+ Health Assessment

Call our bookings team on **08452 302040** and make an appointment for a time that suits you. The assessment is very thorough and will take up to 3 hours.

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 assessment.

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