



With you for
the journey

not just for the assessment

With you every step of the way

Female Health Assessment



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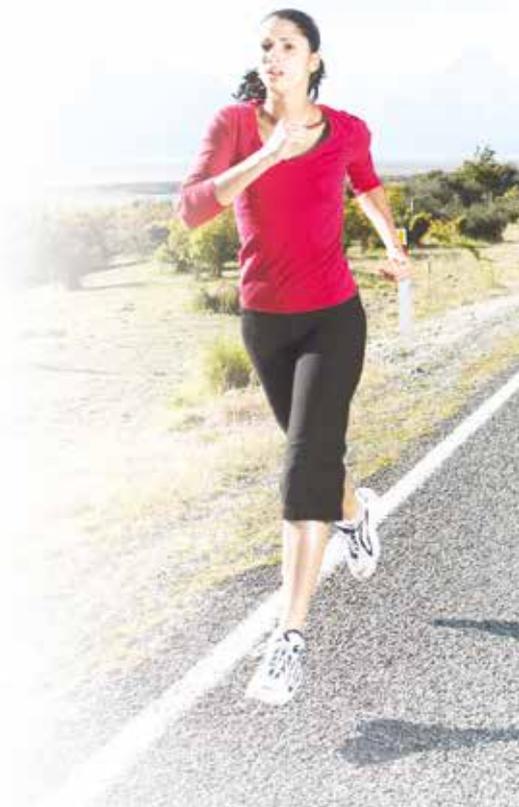
Female Health Assessment



Welcome to the Female Health Assessment. It's our female only assessment focussing on women's health that gives you one hour with a doctor including time to discuss your results.

Your 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. Knowing how healthy you are means you can tailor your lifestyle and live life to the full. If any serious issues are found, we'll refer you to the relevant health experts. If you have any particular concerns or questions, your doctor will 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 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 all in one appointment.

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
- Urine analysis
- Blood glucose test for diabetes
- Cholesterol test
- Breast examination & guidance on self examination
- Pelvic examination
- Cervical smear
- High vaginal swab (if clinically indicated)
- Mammography (where purchased usually appropriate for those aged 40 and over)
- Analysis of metabolic syndrome risk syndrome
- Full blood count

* 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 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 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 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 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 help you improve your diet and fitness.

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 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.

Our locations & additional SERVICES

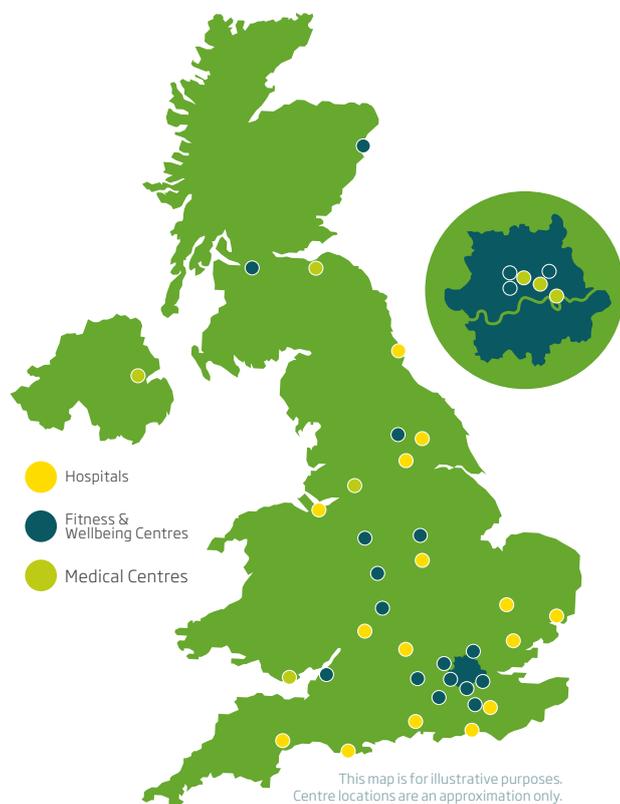
We're the UK's largest health charity, with 11,000 employees - including 4,000 clinical practitioners and the largest private network of Health Assessment centres. All profits are reinvested in our customers' health and wellbeing.



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



Female Health Assessment - With you for the journey



How to book your Female Health Assessment

Call our bookings team on **08452 302040** and make an appointment for a time that suits you. The assessment is very thorough, will take 1 hour, and is specifically tailored to female health concerns.

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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