

With you for the journey

not just for the assessment



With you every step of the way



Health
Assessments

Every journey begins with **the first step**

The first movement

FORWARD

in the direction you want to travel



Not so long ago, we took one of the most important and far reaching steps we've ever taken. Here's what we did and why you should know about it.

We've always believed in listening to what our clients have to say about their employees' health and wellbeing.

We've always known and understood that people are the biggest investment your company has. They are your future.

That's why everything we do at Nuffield Health is aimed at supporting and protecting your investment. Our Health Assessments focus on the early detection and diagnosis of disease together with the identification of health risks. Our integrated referral pathways ensure that treatment and care are quickly and conveniently available.

As the country's leading provider of corporate wellbeing solutions, we've learned how the health of your workforce can be improved and optimised to benefit both the individual and the organisation. We've also recognised how important technology is to the future of healthcare and to the health of your business. What we've learnt has shown us that the health and wellbeing of individuals needs to be monitored over a period of time, not just a point in time.

The result

A new kind of Health Assessment which integrates our online health and wellbeing application, Nuffield HealthScore™ - allowing your employees to monitor their personal health and to track their progress towards their goals. Even when your employees have completed their initial assessment, it's only the beginning of their journey.

We've transformed **our Health Assessment programme from being a single assessment to an ongoing process.**



"Taking that first step to change things, especially when it concerns your health, can be daunting. But it can also be the most fundamentally rewarding move you can make."

Jonathan Byrd,
Director of Primary and Preventative Health



It gives them the freedom and control to keep track of their own progress. Shows them that there's now a better approach to wellbeing.

“If we can help employees to make just one positive, health-related change to their lifestyle, we are helping to prevent long term chronic disease, ill health and possibly premature death.”

Dr Davina Deniszczyc,
Wellbeing Medical Director



Health is a JOURNEY

not just an assessment



Health Assessment

From the Lifestyle Health Assessment to our Executive Health Care Programme, we pioneered the use of physiologists in all our health assessments to ensure ever important lifestyle factors such as sleep, stress and nutrition are addressed as well as behavioural change and on-going support. The range of tests and advice available allow you to truly understand the health of your employees. We have also focussed on emotional wellbeing, productivity and perceived stress.



Nuffield HealthScore™

Nuffield HealthScore™ is a clinically validated online and mobile tool. One that combines the latest knowledge about fitness and wellbeing with the latest smart technology. Nuffield HealthScore™ has been developed in collaboration with a team of medical professionals, an independent advisory board, statisticians, world renowned academic health experts. Our new Health Assessments automatically connect your employees' data to their HealthScore profiles, providing a clinically robust tool that supports their ongoing health journey anytime, anywhere.



Results

Many of the test results will be available immediately and available for discussion at the end of the assessment or through our new health portal two weeks after the assessment. The Nuffield Health physiologist will take time to make sure your employees fully understand the results as well as creating an action plan that is designed to improve health outcomes after the assessment.



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 employees as part of their health journey.

*Scheduled by separate agreement



From where you are...to where you want to be

With you as you

PROGRESS



Good health isn't solely dependent on fitness. It's also related to physical and emotional wellbeing - and optimising all these elements is a journey.

That's why our care doesn't stop at the end of an assessment; the assessment is merely the beginning. It acts as the first step in mapping overall health and the identification of any issues. It's used to generate a tailored programme of advice and actions which will improve health as a whole.

Our Health Assessments are specifically tailored to address all relevant health and lifestyle factors. That's why we have a suite of different health solutions, so that your employees can participate in an assessment that's relevant to them and relevant to the factors affecting your business. The tests which form each assessment have been selected for their clinical appropriateness and are consistently reviewed.

Our assessments begin with an initial questionnaire which focuses on the current health of your employee - how they sleep, what their stress levels are, their health concerns - it also draws in medical history for the individual and their family to paint a complete picture of their wellbeing, including possible risks. This allows us to understand how involved we need to be in each individual's wellbeing strategy. It also allows us to see just how healthy and productive your people are.



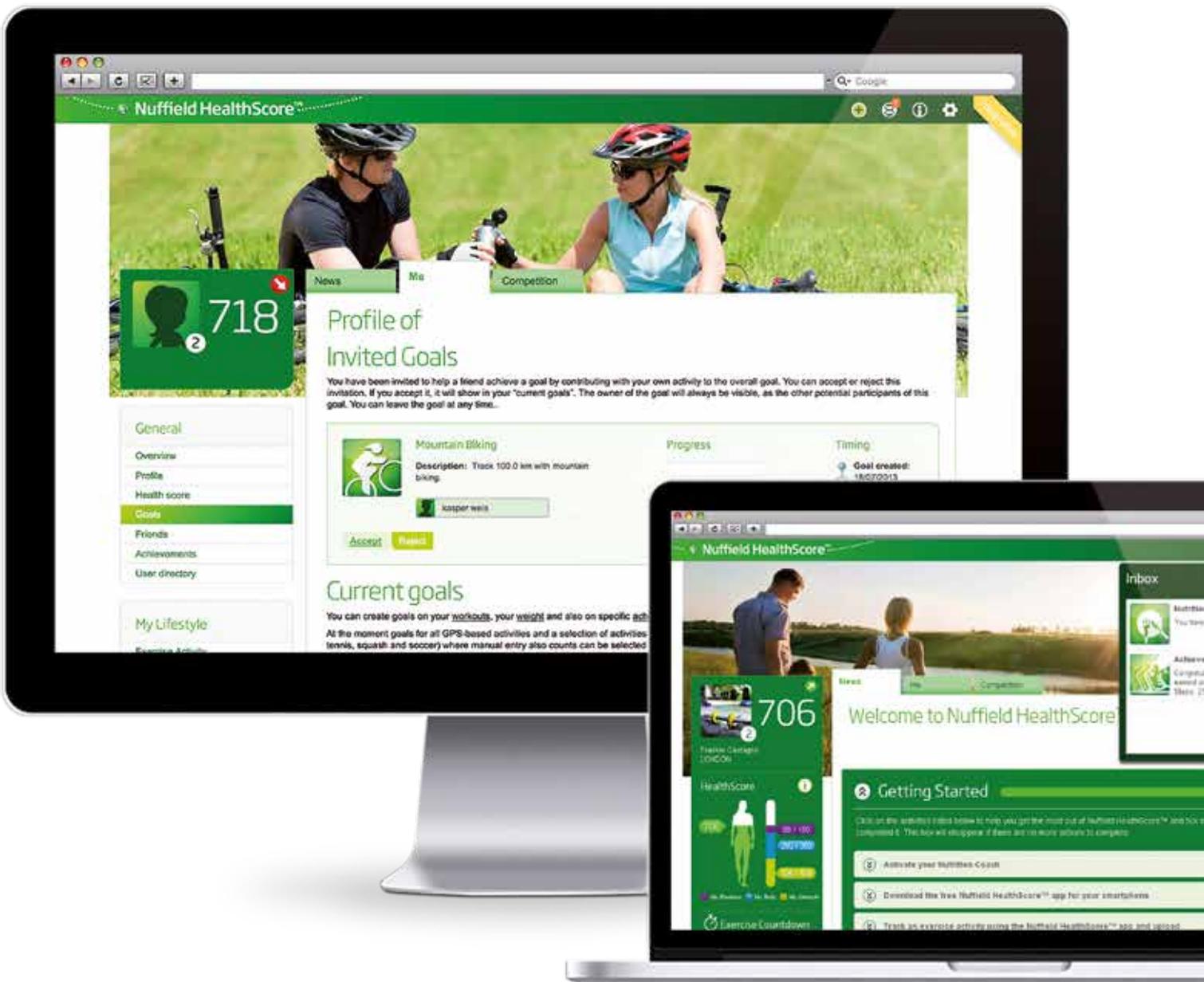


Assessment		360+	360	Lifestyle	Female
Duration		3	2	1	1
Clinicians		Doctor Physiologist	Doctor Physiologist	Physiologist	Doctor
About you	Personal medical history and lifestyle questionnaire	✓	✓	✓	✓
	Full physical examination with a Doctor	✓	✓		✓
	Consultation time with a Doctor	1 Hour	1 Hour	n/a	1 Hour
	Consultation time with a Physiologist	2 Hours	1 Hour	1 Hour	n/a
Your measurements	Height and weight measurements	✓	✓	✓	✓
	Waist circumference	✓	✓	✓	✓
	Body mass index (BMI) calculation	✓	✓	✓	✓
	Body fat percentage	✓	✓	✓	✓
	Nuffield body composition index	✓	✓	✓	✓
Unique tests	Computerised spinal assessment	✓	✓	✓	
	Analysis of nutrition status	✓	✓	✓	
	Measurement of physiological resilience to stressors	✓	✓	✓	
	Analysis of metabolic syndrome risk	✓	✓	✓	✓
Heart and lungs	Blood pressure	✓	✓	✓	✓
	Resting ECG (if clinically indicated)	✓	✓		
	Lung function test	✓	✓		
	Cardiovascular risk score	✓	✓		
	Dynamic cardiovascular test measuring ECG & blood pressure using a Wattbike or Aerobic fitness test measuring submaximal VO2 using a Wattbike (the clinical appropriateness of each test would be discussed with the clinical team allowing the client to make an informed decision)	✓			
	Chest X-Ray	✓	✓		✓
	Estimation of aerobic fitness (VO2 max)	✓	✓	✓	
Laboratory tests	Hydration levels	✓	✓	✓	
	Urine analysis	✓	✓	✓	✓
	Cholesterol test	✓	✓	✓	✓
	Full blood count	✓	✓		✓
	Full biochemistry profile including liver and kidney function	✓	✓		
	Blood glucose test for diabetes	✓	✓	✓	✓
	Thyroid function test (female 50+)	✓	✓		✓
	Bowel cancer test (45+)	✓	✓		
Female specific	Cervical smear	✓	✓		✓
	Breast examination and guidance on self examination	✓	✓		✓
	Pelvic examination	✓	✓		✓
	High vaginal swab (if clinically indicated)	✓	✓		✓
	Mammography (where purchased and usually appropriate for those aged 40 and over)	✓	✓		✓
Male specific	Testicular examination and guidance on self examination	✓	✓		
	Prostate cancer blood test (50+)	✓	✓		
Lifestyle coaching	Consultation with a Doctor to discuss results	✓	✓		✓
	Tailored lifestyle coaching with Physiologist	✓		✓	
	Full personalised report including lifestyle guidance	✓	✓	✓	✓
	24 months free access to Nuffield Healthscore	✓	✓	✓	✓

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

“HealthScore helps you take control of your health and wellbeing. It gives you the platform to track, guide and motivate change in the long term, in a fun and engaging way.”

Jay Brewer,
Professional Head of Physiology





MONITOR

your Health & Wellbeing, anytime, anywhere



What is HealthScore?

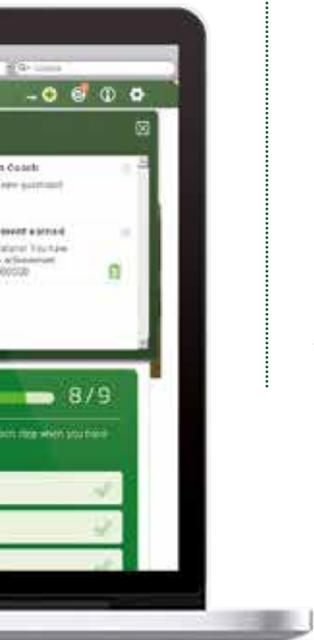
At Nuffield Health we've always known how important information is. The less we know about our wellbeing, the less effective and the more time consuming our improvement from illness will be. The more we know the better that improvement process will be.

Nuffield HealthScore™ is an online and mobile fitness and lifestyle tool that combines the expert knowledge about fitness and wellbeing with the latest smart technology. With it, employees can monitor their health and progress any time, anywhere. HealthScore considers all aspects of an individual's health and tracks their progress in real time via smart phone, tablet, desktop or laptop, with data available directly from the Nuffield HealthScore™ website.

Nuffield HealthScore™ generates a score between 1- 1,000 and is 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. With your employees consent, their Health Professional is able to view their exercise activity history, view their achievements, send them messages and comment on their exercise activity to keep them on track.



Freedom to access information about health and wellbeing should be a given. Not an option.



From knowing the basics...to knowing the score

Nuffield HealthScore™



HealthScore features include:

Real time data

HealthScore moves in real time and changes with lifestyle behaviour, physical state and emotional outlook.

Exercise activity

This monitors how physically active you are and allows you to track a range of indoor and outdoor activities.

Step counter

Tracks the number of steps taken each day. Recommended target value for each day is 10,000 steps.

Nutrition coach

An intelligent system that learns about the individual and their eating and drinking habits.

Stress manager

Measures short and long term mental stress and how this affects the individuals health and wellbeing.

Sleep monitor

Records the quality and duration of sleep, giving insight into how sleep is being influenced by your employees lifestyle.

Individual/team challenges

Employees can take part in friendly competition with colleagues. Challenge measurements include speed, distance, intensity and defined routes.

Achievement points

Employees can motivate, challenge and reward themselves with HealthScore. Earn points when they engage in specific activities.

Goal creation

Create and take part in Activity Goals, Weight Goals and Achievement Goals. A great way to track progress.

...AND WE'RE WITH THEM EVERY STEP OF THE WAY



View our Health Assessment video



To view our video scan the code here

Finding the right wellbeing

PARTNER



Who we are

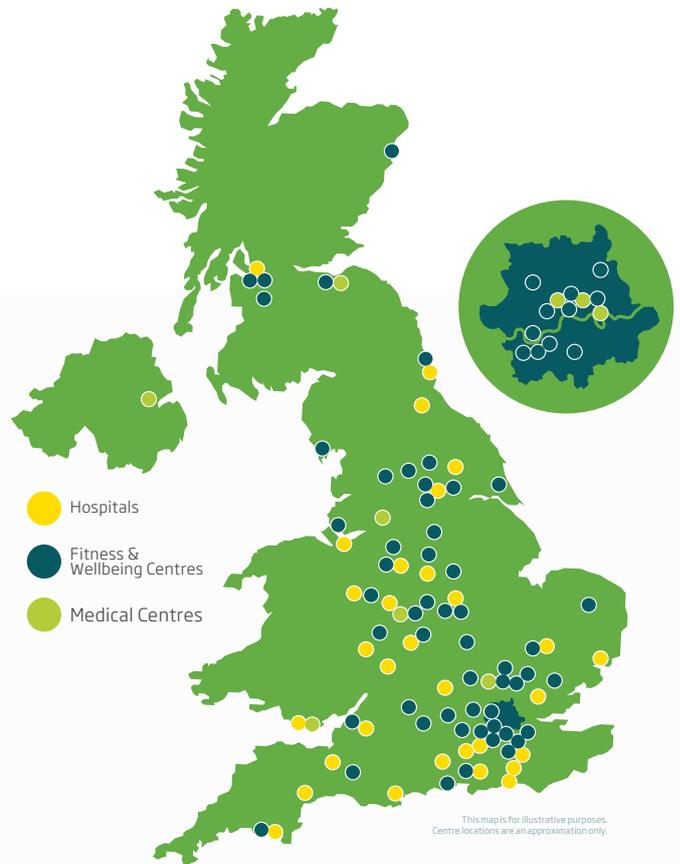
We're the UK's largest health charity, with 11,000 employees - including 4,000 clinical practitioners and the largest private network of health assessment centres. All profits are reinvested in our customers' health and wellbeing.

Our facilities

- 31 Hospitals
- 65 Fitness and Wellbeing Centres
- 4 Medical Centres
- 200 Corporate Fitness & Wellbeing Centres
- 40 Health Assessment Centres
- 66 Specialist Rehabilitation Centres
- 2,000 Accredited & Governed Physiotherapists

What we do

- Improve and maintain health
- Identify and contain health risks
- Treat health problems
- Optimise performance
- Educate and ensure awareness
- Perform therapy including physiotherapy
- Ensure fitness and wellbeing
- Perform health assessments
- Perform consultations and diagnostics
- Offer expert Health & Wellbeing analysis and guidance
- Optimise a productive workforce



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