

Nuffield Health do things differently

An in-depth analysis into your health

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	✓	✓		
	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 (if clinically indicated)	✓	✓		✓
	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