

A man with a backpack is shown in profile, looking towards the right. He is wearing a dark grey zip-up jacket with green accents. The background is a lush green forest. A dark green diagonal overlay covers the bottom half of the image, where the text is located.

# 360 Health Assessment.

Nuffield Health. Specialists in you.

# 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.







# 360 Health Assessment.

**The 360 health assessment gives you a full overview of your current health and wellbeing, identifying any common health issues.**

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

Your assessment will last 2 hours (1 hour with a doctor) and will highlight any common health issues such as diabetes, high cholesterol and poor posture. If you have any particular concerns about your health, fitness or lifestyle, we'll be more than happy to talk through these with you. Results are discussed face-to-face during the assessments, and within two weeks, you'll receive a personalised report. Where serious issues are found, we'll call you in person before your report is sent and refer you to the relevant health experts.

# Tests include\*

- Personal medical history and lifestyle questionnaire
  - Height and weight measurements
  - Body Mass Index
  - Body fat percentage
  - Waist circumference
  - Nuffield Body Composition Index
  - Hydration levels
  - Urine analysis
  - Full blood biochemistry profile including liver and kidney function
  - Blood glucose test for diabetes
  - Cholesterol profile
  - Analysis of nutritional status
  - Computerised postural assessment
  - Lung function test
  - Measurement of physiological resilience to stressors
  - Blood pressure
  - Resting ECG
  - Cardiovascular risk score
  - Chest x-ray (if clinically indicated)
  - Bowel cancer test (45+ years)
  - Analysis of metabolic syndrome risk
- For male clients:**
- Testicular examination & guidance on self examination
  - Prostate cancer blood test (50+ years)
- 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 for those aged 40 and over if appropriate)



# Understanding your Health Assessment.

**To help us understand all the factors influencing your health, you will need to complete a detailed questionnaire prior to your assessment, providing a strong foundation for you to make positive changes.**

## **Check stress levels**

The volume, frequency and how we manage stress is key to our health and wellbeing. From your pre-assessment questionnaire 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 talk to you about techniques to help you respond better during stressful situations to improve your emotional wellbeing.

## **Check diet and nutrition**

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. 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 posture**

Back pain is very common and is estimated to affect up to 7 out of 10 of us at some point in our lifetime. How you treat your back can determine whether you will have to live with long-term pain. We will assess your posture and help you make positive changes to your work and home routine to avoid back pain.

## **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.

## **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. Our tests will help reveal any concerns.



“ I’m glad I got a health assessment and expressed my concerns to the doctor. Because I didn’t have any other symptoms I could have easily gone another couple of years without being diagnosed. ”

**Tom 43, diagnosed with prostate cancer.**



Watch how Tom’s small step in having a 360 health assessment proved to be an invaluable one  
[nuffieldhealth.com/tomsstory](https://nuffieldhealth.com/tomsstory)