

360+

# Health Assessment

Our most in-depth assessment with a focus on cardiovascular health and lifestyle change.



# 360+

## Health Assessment

**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 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.



# Understanding your Health Assessment

Below are some of the key areas we look at in your assessment. Please see overleaf for a full list of tests.



## Check eyesight



## 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.



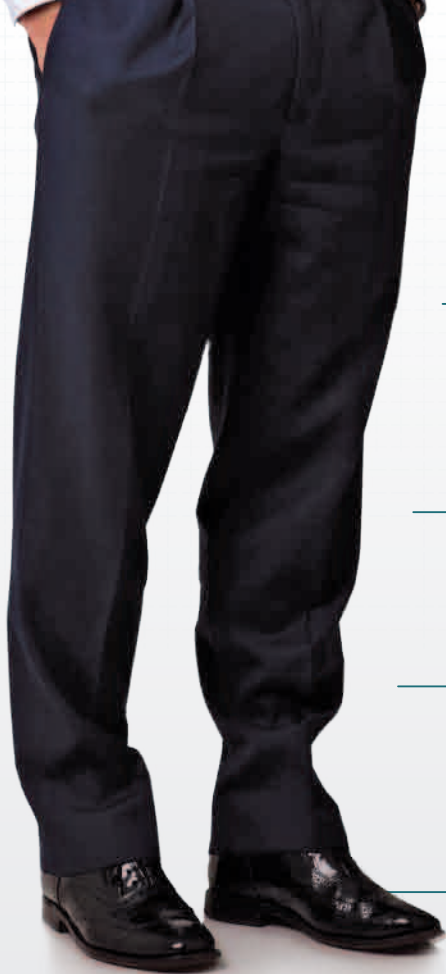
## Check posture

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 cutting-edge dietary analysis system, 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 checks. 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.

## Tests include\*:

- Full medical history and lifestyle questionnaire
- Height and weight measurement
- Body Mass Index
- Body fat percentage
- Waist to hip ratio
- Nuffield Body Composition Index
- Hydration levels
- Urine analysis
- Blood biochemistry and haematology profile
- Blood glucose and cholesterol measurement
- Vision tests
- Analysis of general nutritional status
- Computerised spinal assessment
- Lung function test
- Measurement of physiological resilience to stressors
- Blood pressure measurement

- Resting ECG
- Dynamic cardiovascular assessment
- Cardiovascular risk score
- Chest x-ray (if clinically indicated)
- Bowel cancer test (for those aged 45 and over)

### For male Clients:

- Testicular examination
- Prostate cancer blood test (for those aged 50 and over)

### For female Clients:

- Breast examination
- Pelvic examination and cervical smear
- High vaginal swab (if clinically indicated)
- Thyroid stimulating hormone blood test (for those aged 50 and over)
- Mammography (where purchased and usually appropriate for those aged 40 and over)

## Results

Many of your test results will be available immediately. Your expert team will discuss these with you, taking time to make sure you fully understand the results. Within two weeks, you'll receive a written personalised report (by post or online) as well as detailed information sheets to give you some background on any relevant health issues. Where serious issues are found, we'll call you in person before your report is sent.

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

# How to book your health assessment

Call our bookings team on **08452 30 20 40** 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.

## A little bit about us

At Nuffield Health we like to challenge the way people think about and manage their health. We've brought together expertise from our health clubs, medical clinics and hospitals, to help you lead a healthier, happier life.