

Preparing for your 360+ Health Assessment



Thank you for booking your 360+ Health Assessment with us.

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 clinical 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 and risk profile, including a dynamic ECG test. 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.

This booklet tells you all you need to know before your visit and what to expect when you arrive. To help us achieve the best possible results, please read it thoroughly and then complete the accompanying questionnaire.

**If you have further questions,
please call our team on
08452 30 20 40*.**

Our team has all the very latest health testing techniques and technology at its disposal, so you can have full confidence in the results of your assessment. However, it's important to point out that no health assessment can provide you with a 100% guarantee of health.

* Calls will be recorded and monitored for training and quality purposes.



Plan ahead

- Please check that the location, date, time and type of assessment on your appointment confirmation are correct. Note that your appointment could take up to 2¾ hours
- Please complete your health questionnaire at least 24 hours prior to your appointment
- Please complete your food diary on your online portal prior to your appointment. You have the option of recording 1, 2, 3 or 4 days of the diary - obviously, the more days you complete the better our analysis of your diet will be. Please ensure that you allow sufficient time to complete your food diary and stool sample tests on different days so that your dietary analysis is a reflection of your normal diet. If you are not using the online portal, please ensure that you fill in your hard copy diary and send it back to us using the enclosed pre-addressed envelope no later than 7 days before your assessment.
- If you are 45 years and over you should have received a bowel cancer testing kit which will require you to provide a small sample from three separate bowel movements prior to your visit. Please bring these samples with you to your assessment
- For our female clients, if you are menstruating at the time of your assessment, it won't be possible to carry out your pelvic examination and cervical smear. If this is likely to be the case, please call our team for advice on **08452 30 20 40**
- Please note that in most cases mammograms are booked as a separate appointment and might take place at a different Nuffield Health location to your assessment.

If you can't make it

To cancel or rearrange your appointment, simply call our team on **08452 30 20 40**. Unfortunately, if you cancel with less than three full working days notice (including the day of your appointment), 50% of the fee will be charged. For example, to cancel or rearrange a 2pm appointment on a Tuesday, you'll need to call before 2pm on the preceding Thursday.

The full fee will be charged if you fail to attend or arrive very late without letting us know in advance.

Stop! Drink water only

For your blood tests to be as accurate as possible please try not to eat anything for the four hours before your appointment and drink plenty of water. Even if you drink a cup of coffee, the combination of coffee and milk in your drink can affect your cholesterol reading. Please remember you'll be asked to provide a sample of urine at the start of your assessment.

You will be provided with a drink and a small healthy snack during your assessment.

What to wear

Please bring along suitable clothes - such as a loose top, tracksuit or shorts and trainers - for your cardio respiratory exercise which is either on an exercise bike or treadmill. You'll be able to use our changing facilities, and in most locations shower facilities with fresh towels and toiletries are available.

Getting settled in

When you arrive for your appointment you'll be welcomed by our receptionists. You'll then be introduced to your clinical team - a doctor and physiologist who are specially trained in contemporary health assessments - and you will remain under their care throughout.

Don't forget to bring...

- Your completed health questionnaire and diary if you did not fill this in online
- Any previous health screening reports and x-rays, your normal glasses or contact lenses, and, if relevant, your bowel cancer testing kit
- Some medication or conditions may affect your ability to take part or even exclude you from taking part in some of the tests - your clinician will let you know on the day
- Exercise clothing.

Your 360+ Health Assessment tests

Your 360+ Health Assessment will take up to 2 ¾ hours. If you are having a mammogram, this will take a further ½ hour. During this time you'll take part in a wide range of tests and assessments, some routine, some selected according to your personal circumstances - you'll find a summary of tests to the right.

You will be looked after throughout your assessment. First off, you'll be seen by a physiologist who will take a blood sample and start your tests. After this, you'll receive a drink and a small healthy snack. Next, you'll receive a full clinical examination from your doctor - this is your chance to discuss any health concerns you may have. Your assessment will conclude with a consultation with your physiologist - a specialist in lifestyle management - on your wellbeing goals and management.

Your 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.

When you leave, you will be given the contact details of your team members so you can discuss any issues or concerns that may arise after your visit. Two weeks later you'll be able to access your full set of results on your secure personal web page. Alternatively, if you do not have access to the internet we can send out a paper version to you. Using your online portal will ensure that you get your results promptly as well as helping to reduce the impact of paper on the environment.

Where serious issues are found, we'll call you in person before your report is sent.

Confidentiality assured

Your 360+ Health Assessment results are 100% confidential and will not be disclosed to anyone without your full and confirmed consent. Our doctors prefer to inform your GP of your attendance and enclose a summary of key findings, but only if you agree. Please complete your GP's full contact details in the questionnaire or bring their full postal address with you to your assessment.

Your assessment tests*:

- 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
- Cardiovascular risk score
- Chest x-ray (if clinically indicated)
- Bowel cancer test (for those aged 45 years and over).

For male clients:

- Testicular examination
- Prostate cancer blood test (for those aged 50 years 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 years and over)
- Mammography (where purchased and usually only appropriate for those aged 40 years and over).

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

** No refunds will be given should your clinician advise you against performing this particular test during your assessment.

Understanding your Health Assessment

Below are some of the key areas we look at in your assessment. Please see previous page 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 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 changes. 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.

Health Assessment Contraindications.

Some medication or conditions may affect your ability, or even exclude you from taking part in certain tests, your clinician will advise you on the day of your assessment.

If you are taking any medication, please continue to take it, and bring details with you on the day.

Contraindication to Dynamic Cardiovascular Test

Please be aware that there are certain medical circumstances in which the Dynamic Cardiovascular Test cannot be performed within the assessment. If the assessment clinician feels there is a medical reason why you should not be exerted during your 360+ they will advise you as to why this is and clearly outline the appropriate next steps.

Our aim is to make the test as safe as possible and the following criteria which may prevent you from performing the test are intended to protect your health.

- Blood pressure above 160 systolic / 100 diastolic
- Heart rhythm under 40 (excludes athletes or very fit individuals)
- A significant abnormality on the resting ECG trace
- Chest pains, shortness of breath, dizziness, fainting or palpitations
- Any history of cardiac issues such as heart attack, heart surgery, angina, heart disease
- If you are fitted with a Pacemaker
- Any neurological issues such as brain haemorrhage, brain tumour, stroke, or multiple sclerosis
- Acute infections or fever
- Uncontrolled asthma or diabetes
- Any recent injuries or issues with muscles, bones and joints
- Pregnancy and up to 4 weeks after

There are also some key medications, which may interfere with the Dynamic Cardiovascular Test, and therefore will prevent you from taking the test. These medications are Beta-blockers, Amitriptyline* or other Tricyclic antidepressants and Digoxin.**

Beta-blockers have many generic and brand names. Please refer below to see if you are currently taking any of these brands:

Generic names	Examples of common brand names
Acebutolol	Sectral
Atenolol	Atenix, Tenormin
Betaxolol	Betoptic
Bisoprolol	Cardicor, Emscor
Carvedilol	Eucardic
Celiprolol	Celectol
Esmolol	Brevibloc
Propranolol	Inderal, Innopran or Inderide
Labetalol	Trandate
Metoprolol	Betaloc, Lopresor
Nadolol	Corgard
Nebivolol	Nebilet
Oxyprenolol	Trasicor
Pindolol	Visken
Sotalol	Beta-Cardone, Sotacor

* Amitriptyline's brand name is Triptafen although other Tricyclic depressants exist. Brand names include: Clomipramine, Dosulepin, Doxepin, Imipramine, Lofepamine, Nortriptyline, Trimipramine.

**Digoxin's brand name is Lanoxin

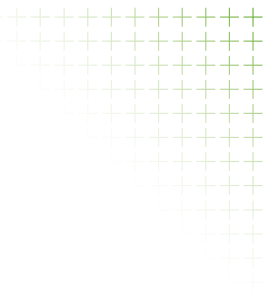
If you have taken a cold cure containing pseudoephedrine you will also be unable to take the test.

The Dynamic Cardiovascular Test is only part of the assessment, which also includes a coaching session with a Physiologist on lifestyle management, including a personalised action plan.

If you require any additional information on the exclusion of these selected medications, or you would like to discuss further with our Bookings Team if the assessment you have booked is still relevant, please call **08452 30 20 40**†.

† No refunds will be given should your clinician advise you against performing this particular test during your assessment.

Notes





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