

Preparing for your Lifestyle Health Assessment



Thank you for booking your Lifestyle Health Assessment with us.

A contemporary assessment with a focus on common health issues and lifestyle change.

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

The focus of your assessment will be a one-to-one coaching session with your physiologist, who will tailor a personalised programme to help motivate lifestyle and behaviour change.

With our expert guidance, you'll have all you need to achieve your wellbeing goals, and live life to the full.

The Lifestyle Health Assessment will highlight any common health concerns, from weight management and stress, to poor sleep patterns and posture.

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 complete the accompanying questionnaire.

Should you still have further questions please call us 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 1 hour
- Please also check the map to help you plan your route
- 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. 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 the clinician feels there is a medical reason why they are unable to carry out any tests they will advise you as to why this is and clearly outline the appropriate next steps. Please let us know of anything that might affect your ability to take part in the assessment tests.

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.

Getting settled in

When you arrive for your appointment you'll be welcomed by our receptionists. You'll then be introduced to your physiologist who is specially trained in contemporary health assessments and lifestyle management - 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 your normal glasses or contact lenses
- 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.

Your Lifestyle Health Assessment tests

Your Lifestyle Health Assessment appointment will take up to 1 hour. During this time you'll take part in a 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 have a pin prick test, after which you'll receive a drink and a small healthy snack. After the tests you will have a consultation on wellbeing goals and management with your physiologist.

Your results

Many of your test results will be available immediately. Your physiologist 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 physiologist 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.

Confidentiality assured

Your Lifestyle 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*:

- 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 glucose and cholesterol measurement
- Analysis of general nutritional status
- Computerised spinal assessment
- Physiological measurement of resilience to stressors
- Blood pressure measurement
- Assessment of fitness level
- Cancer prevention awareness.



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 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 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. We use a pin prick test to assess your cholesterol levels and help you improve your diet and fitness.



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 fitness

Using your test results and our discussions with you, we will assess your fitness levels. You'll then have a coaching session with your physiologist to help you identify any changes you need to make to your diet, exercise levels and lifestyle.



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.



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sourced from
recycled and
sustainable sources.