

S&P Global

Health Assessment Service

Hospitals | Fitness | Physio



Agenda






- Who are Nuffield Health?
- Personalised Health Assessments & Modules
- How to Book
- Trium
- After your Health Assessment
- Q&A



About Nuffield Health

We are the UK's largest healthcare charity and our purpose is to build a healthiarnation.

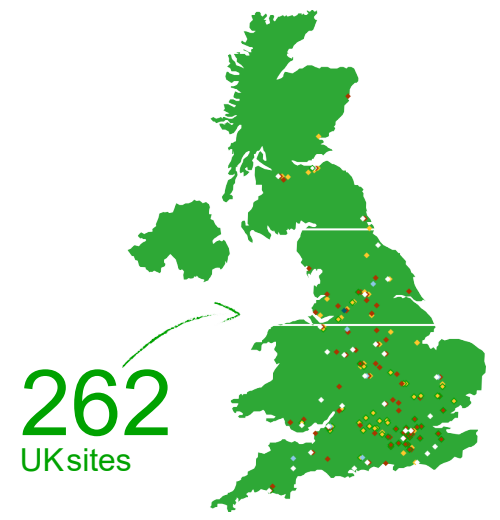


-  Hospitals
-  Diagnostics
-  Pathology
-  Physiotherapy
-  GP services

+

-  Fitness and wellbeing
-  Personal training
-  Programmes For All
-  Mental health
-  Workplace wellbeing
-  Health assessments

+



-  1.79m
people reached
-  137,800
people living on lower resources reached
-  £97.6m
social value*

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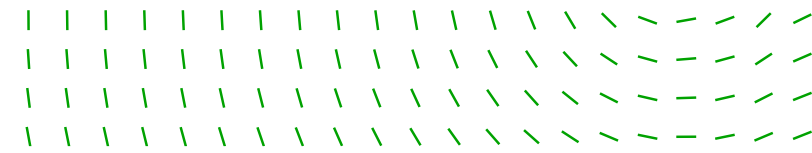
- 37 Hospitals
- 111 Fitness and wellbeing centres
- 105 Corporate fitness and wellbeing sites
- 7 Hospitals Sterile Services Units (HSSU)
- 1 Research and development facility

-  390,000
fitness and wellbeing members
-  290,000
hospital episodes**
-  100%
of our hospitals rated Good or Outstanding by national regulators***

Provider of corporate healthcare services for over
25 years

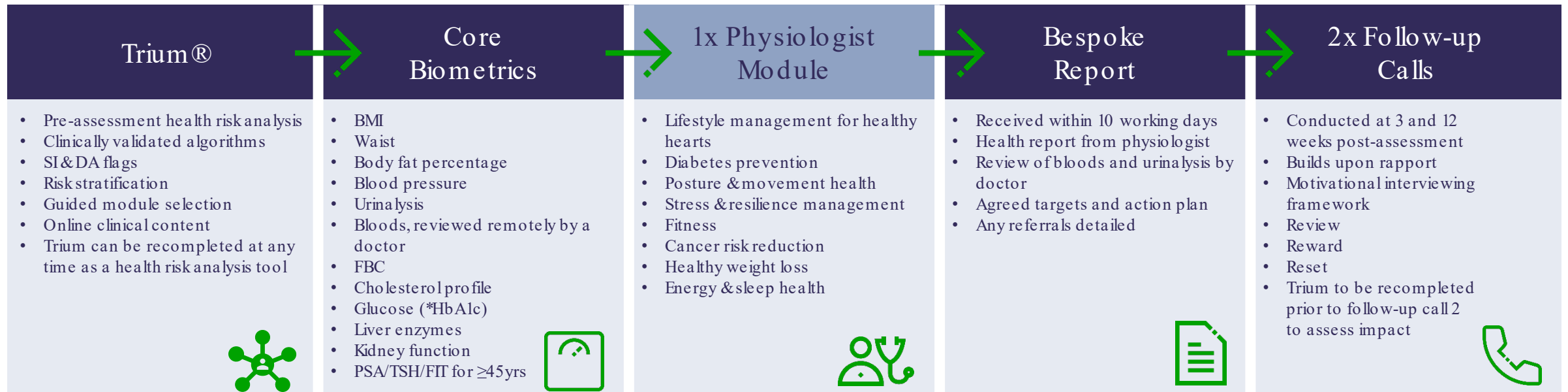


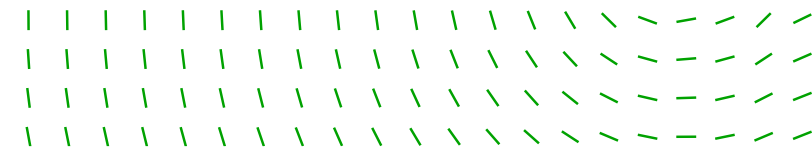
Delivering physiology led health assessments for
18 years



 60 minutes in total; delivered by a physiologist, with bloods reviewed remotely by a health assessment doctor

 Delivered at a Nuffield Health clinic of choice

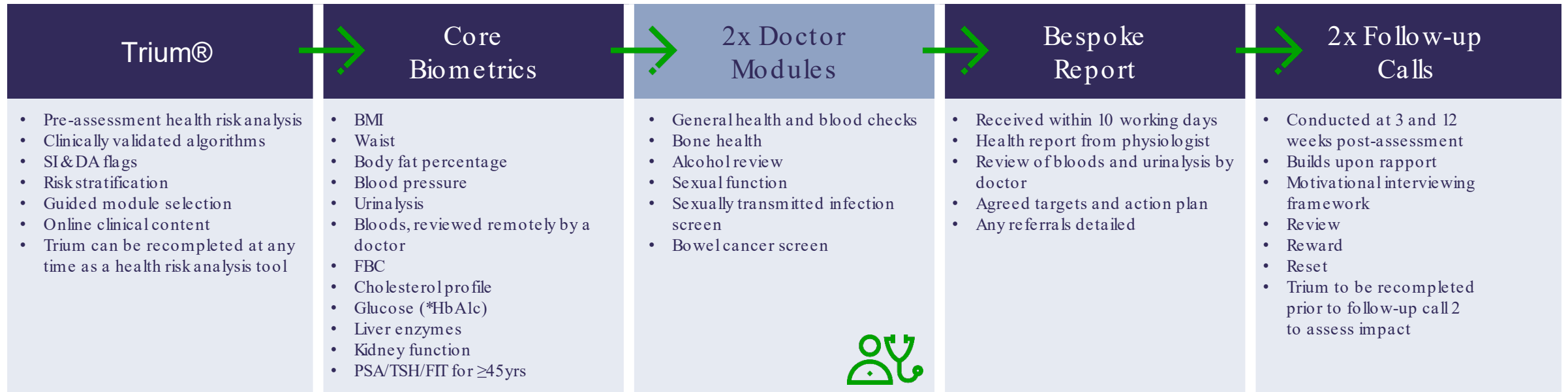


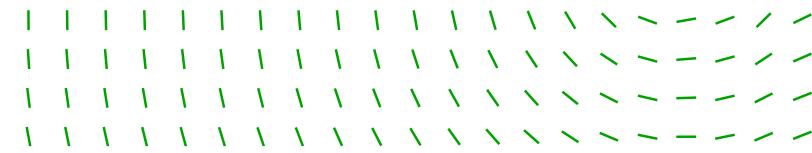


60 minutes with a doctor



Delivered at a Nuffield Health clinic of choice

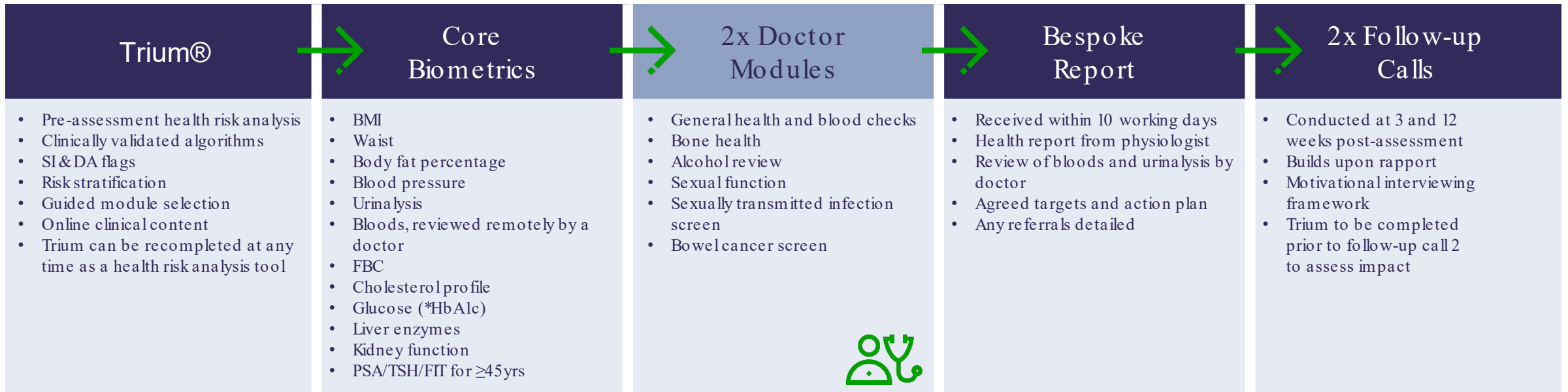


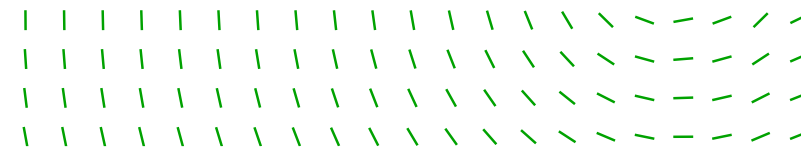


90 minutes in total; 30 minutes physiologist and 60 minutes doctor

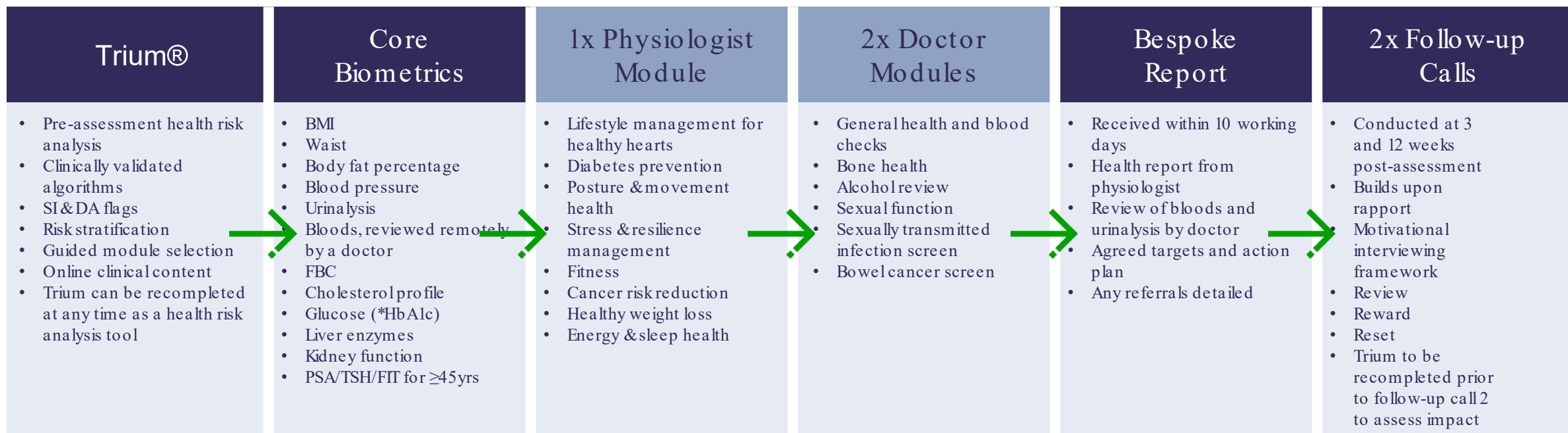


Delivered at a Nuffield Health clinic of choice



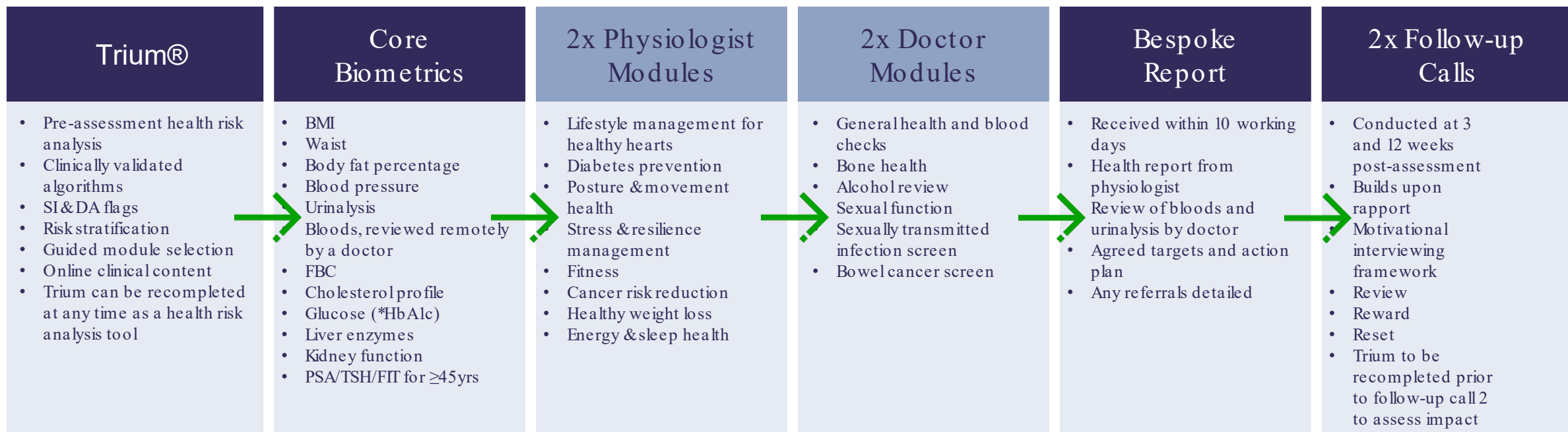


120 minutes in total; 60 minutes physiologist and 60 minutes doctor





150 minutes in total; 90 minutes physiologist & 60 minutes doctor



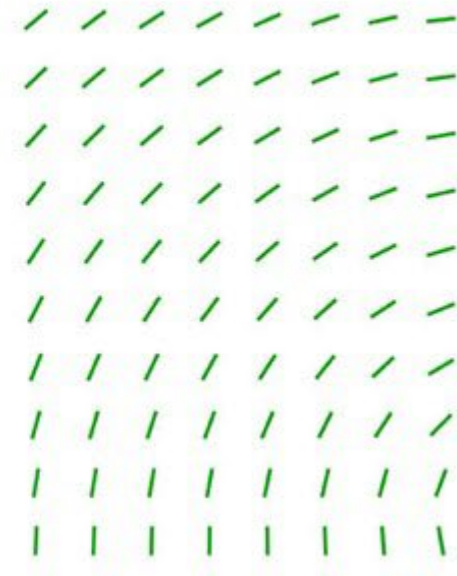
Online Health Assessments

This health assessment is carried out by a physiologist and our team of lifestyle experts. It will provide you with the opportunity to understand your key health risks, focusing on your health behaviours and working with you to set an achievable and effective lifestyle action plan.



Trium [®] health risk assessment	Blood tests at home	Blood tests in clinic	Doctor consultation (30 min video call)	Physiology coaching module (30 min video call)	Physiology follow up (15 min video call)	Health assessment duration	Alternative to in-person
✓	-	-	-	x1	x2	60 mins	Life 2-3, Lifestyle or mini health check

Life Online Plus

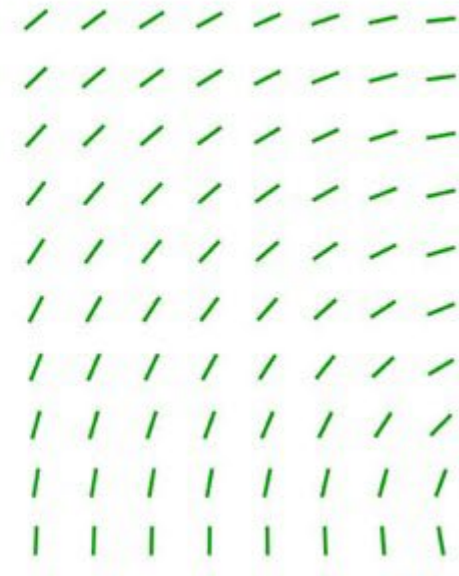


This health assessment is carried out by a physiologist and our team of lifestyle experts. It will provide you with the opportunity to understand your key health risks, focusing on your health behaviours and working with you to set an achievable and effective lifestyle action plan.

Blood testing can be carried out at home or in clinic, and measures cholesterol and blood sugar control. You can add urinalysis when testing in clinic.

Trium [®] health risk assessment	Blood tests at home	Blood tests in clinic	Doctor consultation (30 min video call)	Physiology coaching module (30 min video call)	Physiology follow up (15 min video call)	Health assessment duration	Alternative to in-person
✓	HbA1c and cholesterol profile	HbA1c and cholesterol profile	-	x1	x2	60 mins	Life 4, Lifestyle+ assessments

Pro Online



Our most thorough online assessment includes consultations with both a physiologist and doctor to discuss any medical concerns.









This assessment will provide you with a detailed understanding of your current health, and a supportive action plan to help you improve it. You can carry out at home or in clinic blood testing to measure cholesterol profile and blood sugar control.

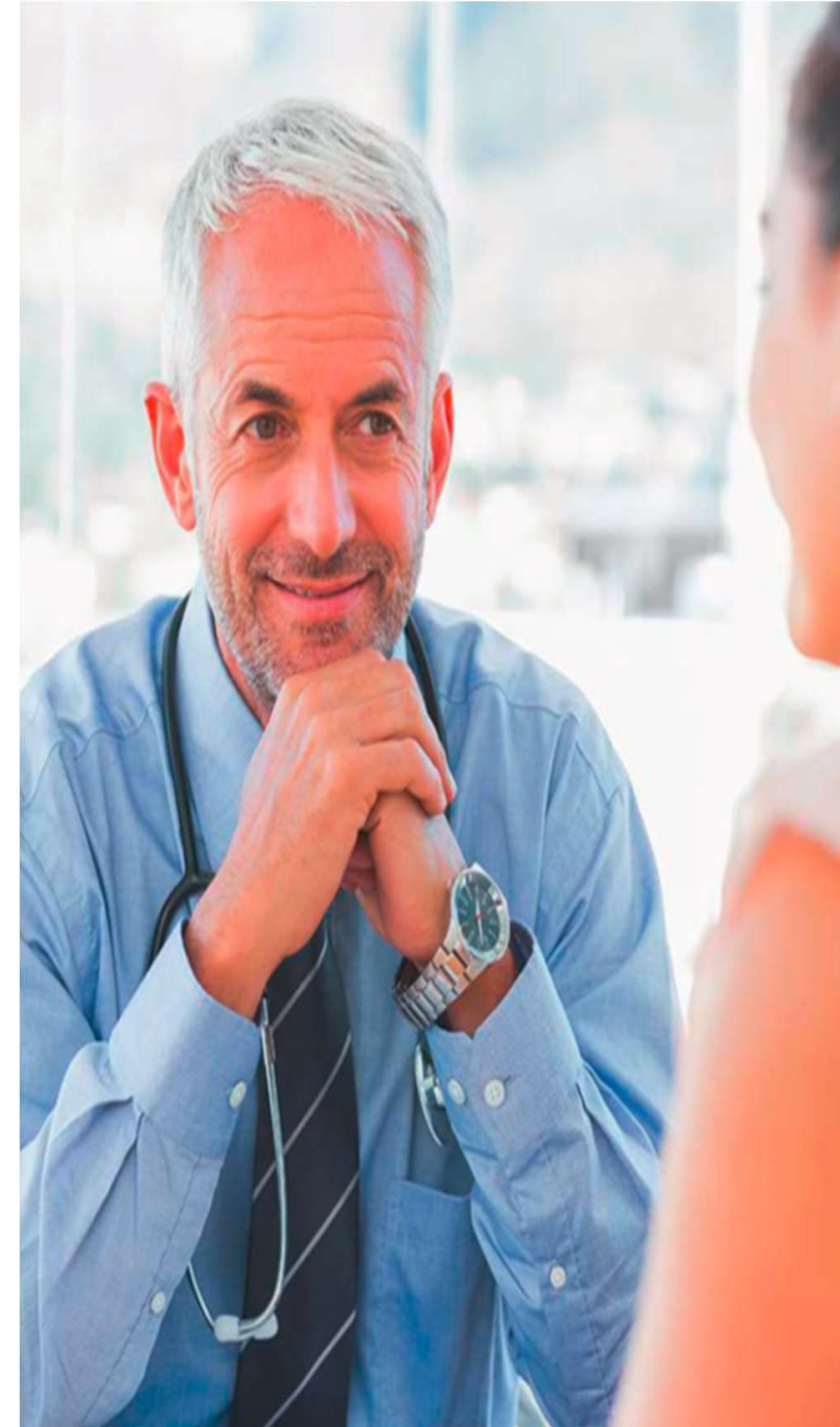
In clinic testing provides more comprehensive blood test including age, gender specific health markers and urinalysis. Over 45s can also provide a stool sample for additional testing.

Trium® health risk assessment	Blood tests at home	Blood tests in clinic	Doctor consultation (30 min video call)	Physiology coaching module (30 min video call)	Physiology follow up (15 min video call)	Health assessment duration	Alternative to in-person
✓	HbA1c, cholesterol profile and faecal immuno-chemical test (>45)	HbA1c, cholesterol profile, full blood count, general chemistry, faecal immuno-chemical test (>45), PSA/ TSH (>45) and urinalysis	x1	x1	x2	90 mins	Pro 1-4, 360 or 360+ assessments

Modules

Doctor & Joint Modules

<p>Bone health </p> <p>Comprehensive risk assessment, and detailed management advice for those with an increased risk of bone fracture.</p> <ul style="list-style-type: none"> • QFracture questionnaire • Vitamin D • Thyroid Profile • Phosphate • Testosterone (Male <60) • DEXA scan referral*. 	<p>Sexual function </p> <p>Assessment to review hormonal and metabolic causes of sexual dysfunction, including lifestyle and psychological factors.</p> <ul style="list-style-type: none"> • Neurological and neck examination • Genitalia/pelvic examination • Gender specific hormone profiles • Males: testosterone, prolactin • Females: TSH, FSH, LH, prolactin, oestradiol, progesterone. 	<p>Alcohol review </p> <p>Addresses concerns related to alcohol consumption along with guidance and support.</p> <ul style="list-style-type: none"> • AUDIT questionnaire • Abdominal examination.
<p>General health and blood checks </p> <p>A general health check and full systemic examination, with age and gender specific examinations if clinically indicated (smear/HPV for women and PSA/DRE for men).</p> <ul style="list-style-type: none"> • Full systemic examination: cardiovascular, respiratory, abdominal/DRE, ENT/oral cavity, neurological, skin, breast (females), testicular/prostate (males), musculoskeletal. • PSA (Male ≥50yrs) • HPV/smear* (Female ≥25yrs) • Chest X-ray*. 	<p>STI screen </p> <p>For non-symptomatic individuals includes non-invasive genital sample, as well as blood test to screen for STIs.</p> <ul style="list-style-type: none"> • Intimate examination • Oral cavity examination • Chlamydia • Gonorrhoea • HIV • Hep B • Syphilis. 	<p>Bowel cancer screen </p> <p>Non-invasive screening for those individuals whose age, risk factors or family history place them at an increased risk.</p> <ul style="list-style-type: none"> • Abdominal examination • DRE • FIT test.
<p>Routine heart check </p> <p>Includes a resting ECG which will be reviewed, in addition to a clinical examination and 10-year risk calculation for cardiovascular health.</p> <ul style="list-style-type: none"> • Resting ECG • QRISK, 10-year CVD risk • Cardiovascular examination. 	<p>Dual modules (combination of physiologist and doctor)</p> <p>Cardiovascular performance </p> <p>Assesses risk of heart disease development, includes a full cardiovascular risk assessment, resting ECG and an exercise based assessment.</p> <ul style="list-style-type: none"> • Resting ECG • QRISK, 10-year CVD risk • Cardiovascular examination • Exercise ECG or aerobic capacity test, depending on clinical risk • Exercise ECGs are reviewed by a cardiologist. 	



Physiologist Modules

Posture and movement health



Review of strength, stability and range of motion to assess movement quality.

- Functional movement assessment
- Exercise prescription
- Improving strength, flexibility and stability
- Signposting to physiotherapy, if clinically indicated.

Fitness



Provides fitness level, fitness age and heart rate training zones including guidance on enhancing fitness levels.

- Aerobic capacity test
- Fitness score
- Fitness age
- Heart rate training zones
- Haemodynamic response to exercise
- Exercise prescription.

Diabetes prevention



Reviews lifetime and 10-year risk of developing diabetes, provides guidance to lower risk and advice on managing metabolic health.

- Detailed review of lifetime risk
- Qdiabetes, 10-year risk
- HbA1c
- Lifestyle prescription bespoke to modifiable risk factors.

Lifestyle management for healthy hearts



Reviews lifetime and 10-year risk of developing heart disease, provides guidance to lower risk and advice on managing weight, blood pressure and cholesterol levels.

- Detailed review of lifetime risk
- QRISK, 10-year CVD risk
- Full lipid profile
- Total, HDL & LDL cholesterol
- Triglycerides
- Lifestyle prescription bespoke to modifiable risk factors.

Cancer risk reduction



Discussion of lifetime risk of cancer, the modifiable and non-modifiable factors and recommendations to lower risk.

- Review of cancer lifetime risks from Trium
- Focus on the modifiable factors contributing to risk
- Lifestyle prescription to lower risk.

Stress and resilience management



Review of stress levels and physiological response to stressors. Contributing factors to stress explored and techniques discussed to build resilience.

- Heart rate variability analysis
- Domains of resilience questionnaire
- 12-month access to self-guided computerised CBT
- Techniques to improve stress management.

Energy and sleep health



Review of daily sleep and energy patterns, sleep hygiene, and lifestyle factors to understand where energy is being depleted and where it can be naturally improved.

- Sleep health questionnaire
- 72-hour heart rate variability analysis
- Review of energy draining and replenishment
- Sleep hygiene guidance.

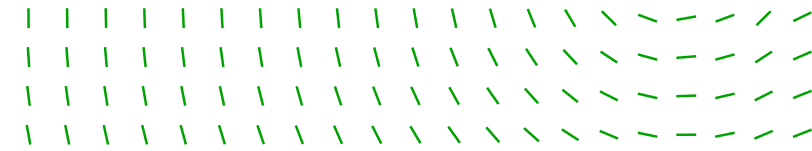
Healthy weight loss



Weight loss plan with bespoke and realistic goals to manage behaviour change and advice on correct calorie consumption and activity levels.

- Body composition analysis
- Calculation of metabolic requirements
- Exercise, dietary and lifestyle guidance to lower weight.





Core biometrics and pathology

Core biometrics



- BMI
- Waist
- Body fat percentage
- Blood pressure
- Urinalysis
- Doctor referral to specialist, if clinically indicated
- Chest x-ray if clinically indicated
- Mammogram for females aged 40+ (at additional cost)

Core pathology – Life 2-3



- Total cholesterol
- Glucose
- HbA1c* (diabetes)

Core pathology – Life 4



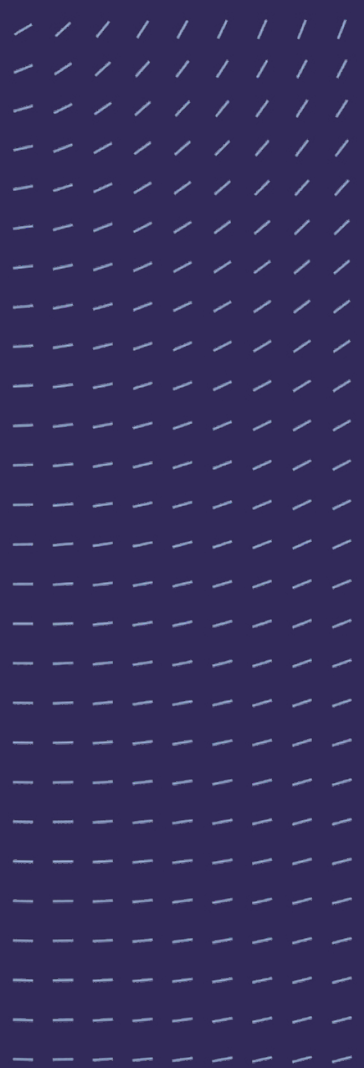
- Cholesterol profile (total, HDL, LDL, triglycerides)
- Glucose
- HbA1c*
- Full blood count
- Calcium
- Urea
- Creatinine
- Liver enzymes
- Kidney function

Core pathology – Pro 1-4



- Cholesterol profile (total, HDL, LDL, triglycerides)
- Glucose
- HbA1c*
- Full blood count
- Calcium
- Urea
- Creatinine
- Potassium*
- Phosphate*
- Liver enzymes
- Kidney function
- PSA* (prostate)
- TSH* (thyroid)
- FIT* (bowel)
- Smear* (cervix)

How to Book



Invitation email

Eligible employees will receive an email
with a book online call to action

[View online](#)



Private & Confidential

Client ID: <Client ID>

Dear <FirstName> <Last Name>,

Nuffield Health are pleased to partner with your employer, <company name> to offer you a Personalised Health Assessment tailored to your unique health and wellbeing needs.

Whether you're taking control of your health or preparing for the future, our Health Assessments provide lifestyle, medical and non-invasive tests to give you the insight to understand, maintain and improve your health.

Good news! You can book online now via your Nuffield Health account. Follow the simple steps below:

- 1 Click the button below to activate or login to your account (using the same email address from which you received this email)
- 2 Choose a Health Assessment at a time, date and location that suits you
- 3 If you need help activating or logging into your account, please browse our [step-by-step guide](#)

[Book online](#)

We have a range of Health Assessment with different modules to ensure that we're focusing on the things you care about most. Find out about our different Health Assessments and what they include:

[What's included?](#)

Selecting a health assessment

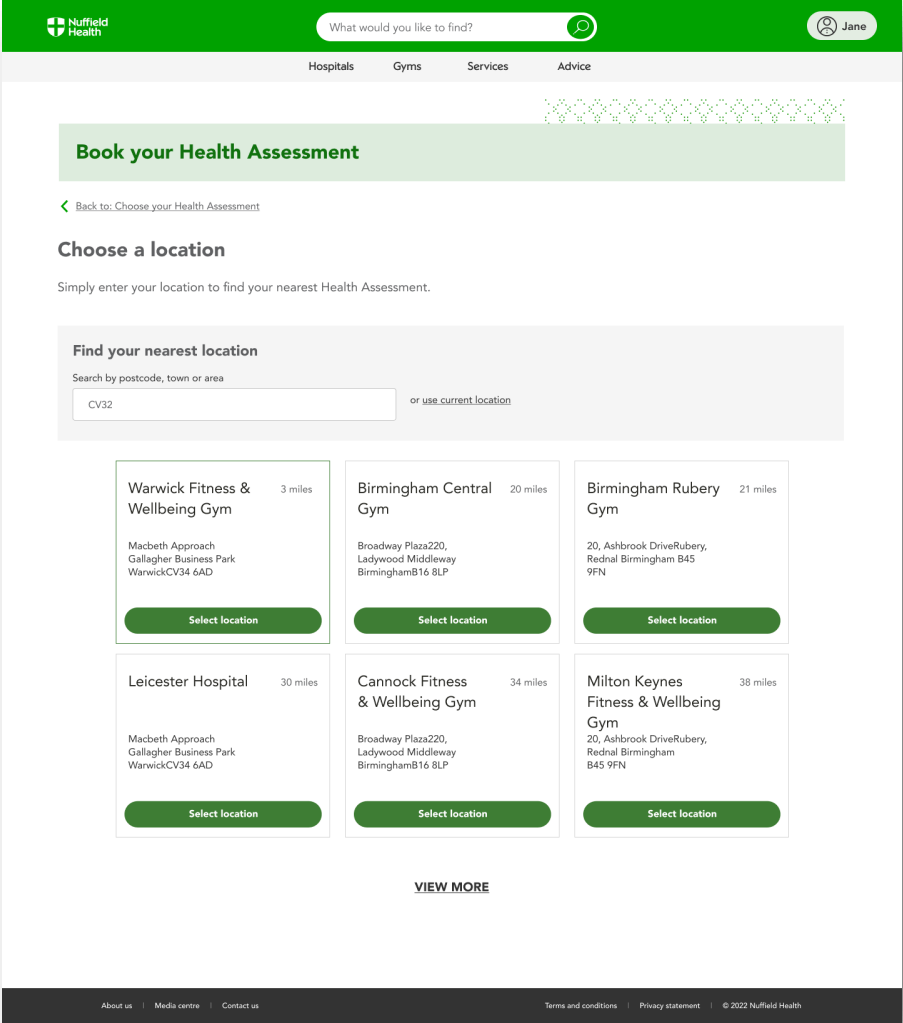
The screenshot shows the 'Book your Health Assessment' page. The header includes the Nuffield Health logo, a search bar with the text 'What would you like to find?', and a user profile icon labeled 'Jane'. Below the header is a navigation menu with 'Hospitals', 'Gyms', 'Services', and 'Advice'. The main content area has a green banner with the text 'Book your Health Assessment'. Below this is the 'Enter your details' section, which includes a sub-header, a paragraph of text, and a note about mandatory fields. The form contains three input fields: 'Date of birth*' with sub-fields for DD, MM, and YYYY; 'Sex assigned at birth*' with a dropdown menu; and 'Gender*' with a dropdown menu. A 'Continue' button is located at the bottom of the form.

The screenshot shows the 'Book your Health Assessment' page. The header and navigation menu are identical to the previous screenshot. The main content area has a green banner with the text 'Book your Health Assessment'. Below this is a 'Back to: Enter your details' link. The 'Choose your Health Assessment' section includes a sub-header, a paragraph of text, and a note about the benefits of the assessments. Below this are two assessment options, each with a 'View details' link and a 'Book now' button. The first option is 'Life 4 Health Assessment' (60 mins, 1 Physiologist module). The second option is 'Pro 3 Health Assessment' (120 mins, 1 Physiologist and 2 Doctor modules). At the bottom, there is a 'Speak to us about upgrading' section with a paragraph of text.

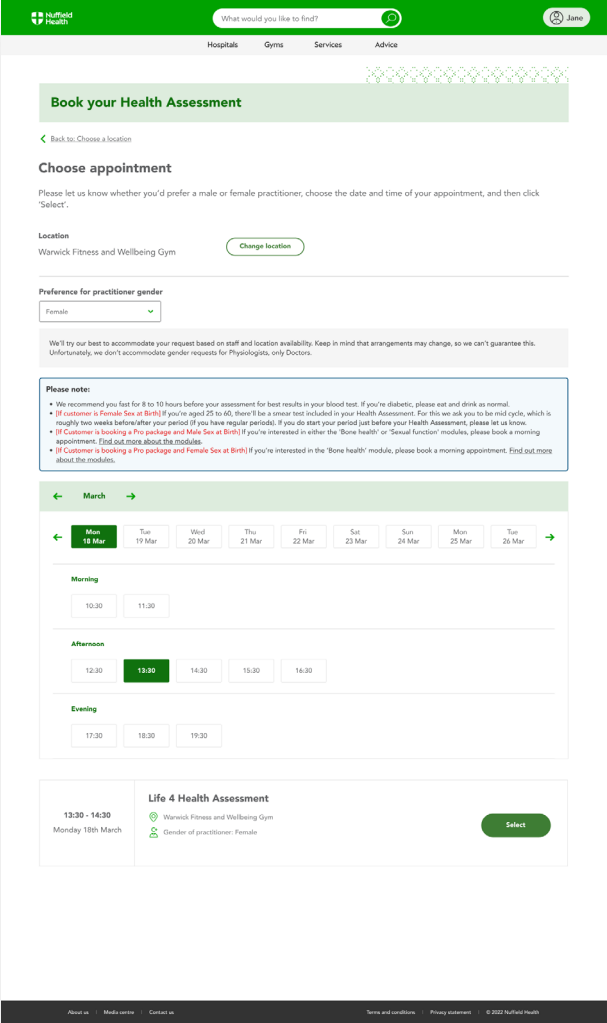
Date of birth, gender & sex at birth details are captured first

User presented with options based on their eligibility

Choosing a location & timeslot

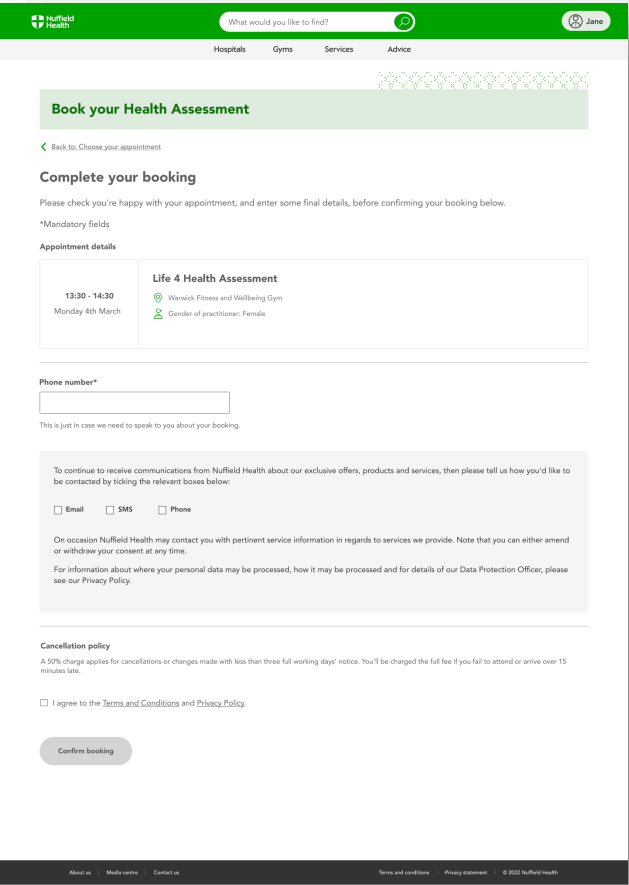
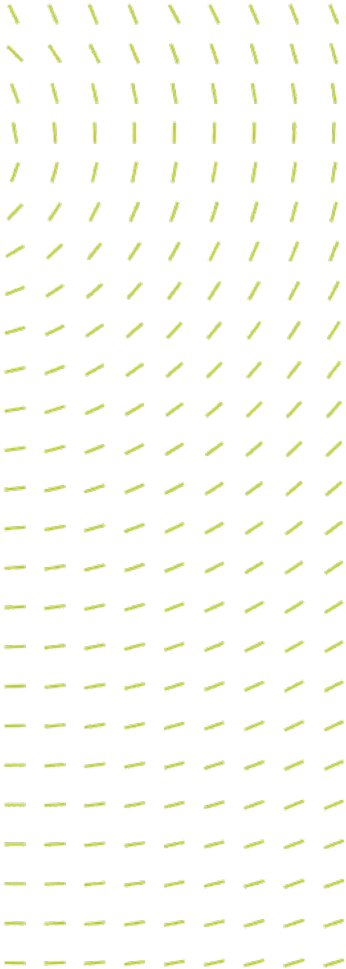


Sites are promoted based on post-code search – corporate on sites will be prioritised

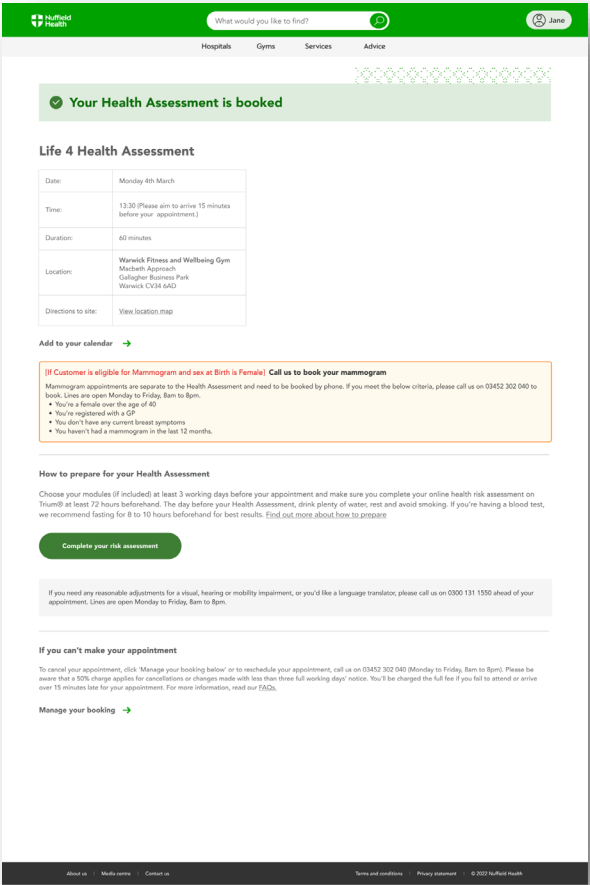


Users can select preference for clinician before choosing a timeslot

Completion & booking confirmation



Users confirm they understand cancellation terms before confirming



Upon confirmation users can proceed to completing their health risk questionnaire

Trium

Pre-Assessment Health Questionnaire

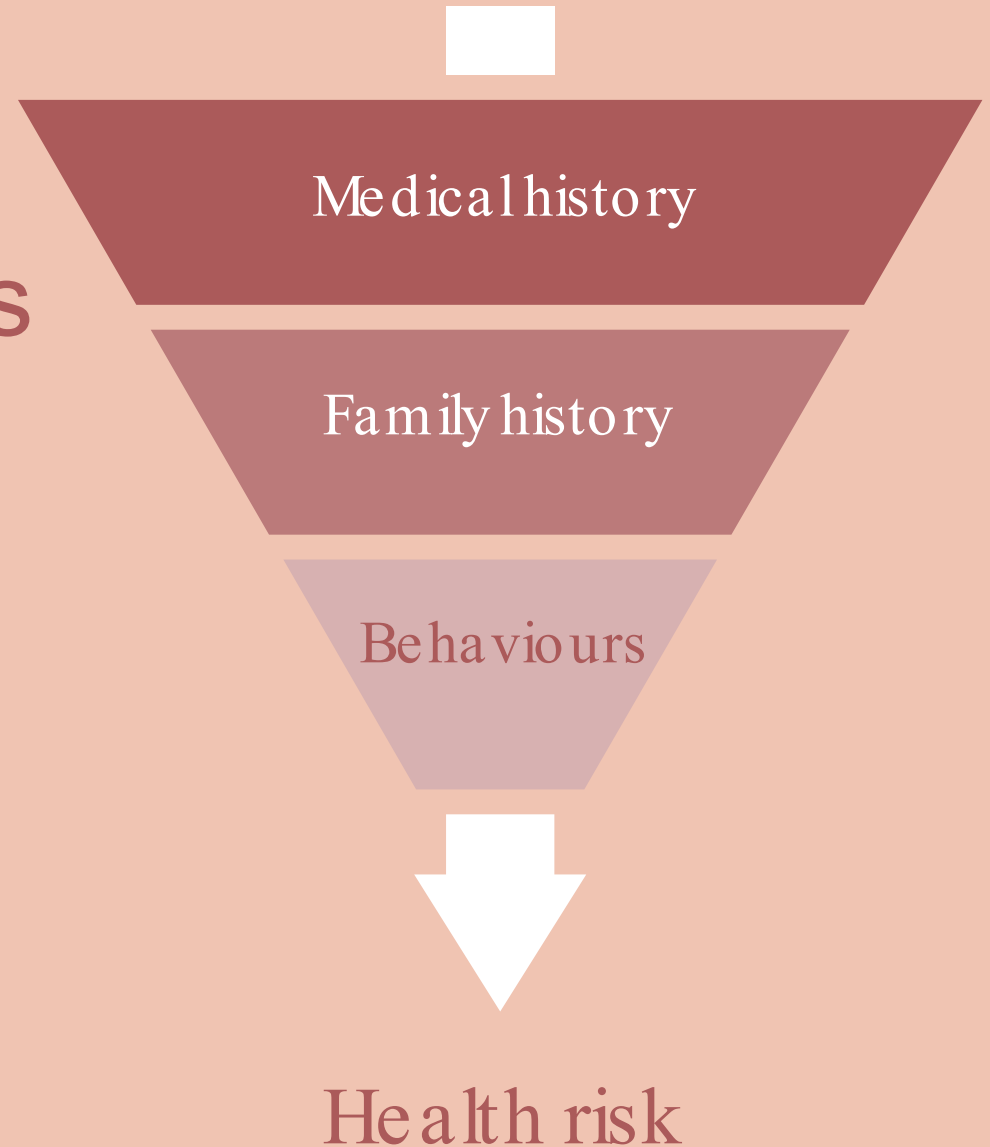


Digital Health Risk Analysis

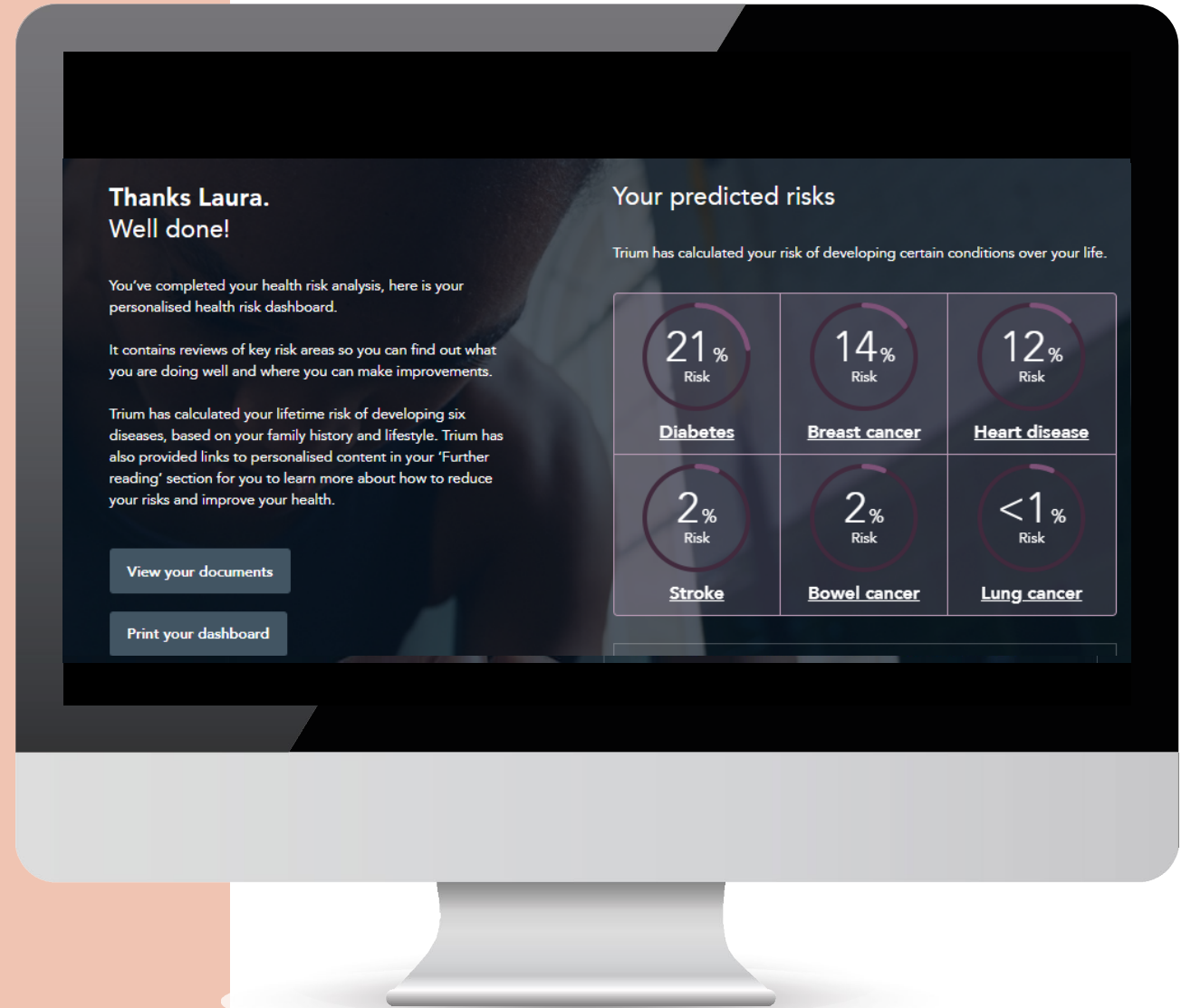
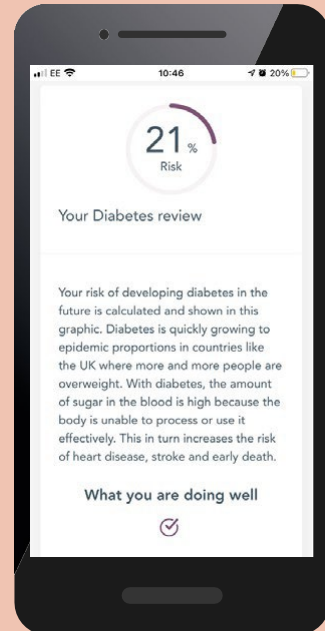
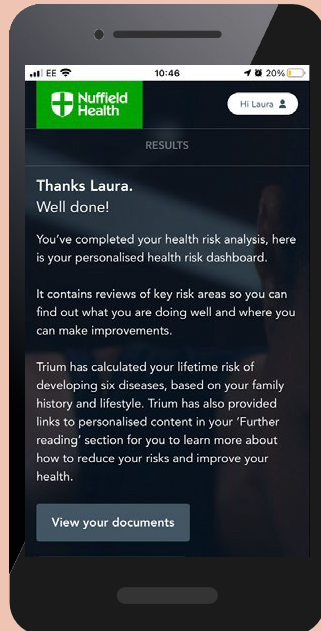
Our evidence-based online health risk analysis tool uses algorithms to identify lifetime health risks.

This includes safeguarding functionality for suicidal ideation and domestic abuse, triggering an urgent call from a National Duty Doctor for appropriate signposting.

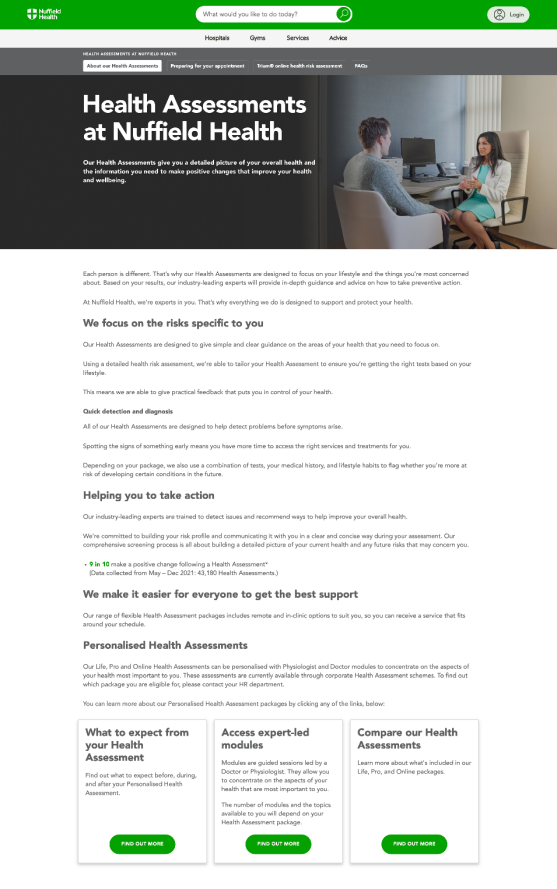
The digital tool benchmarks health data allowing employees to track their health journey year on year.



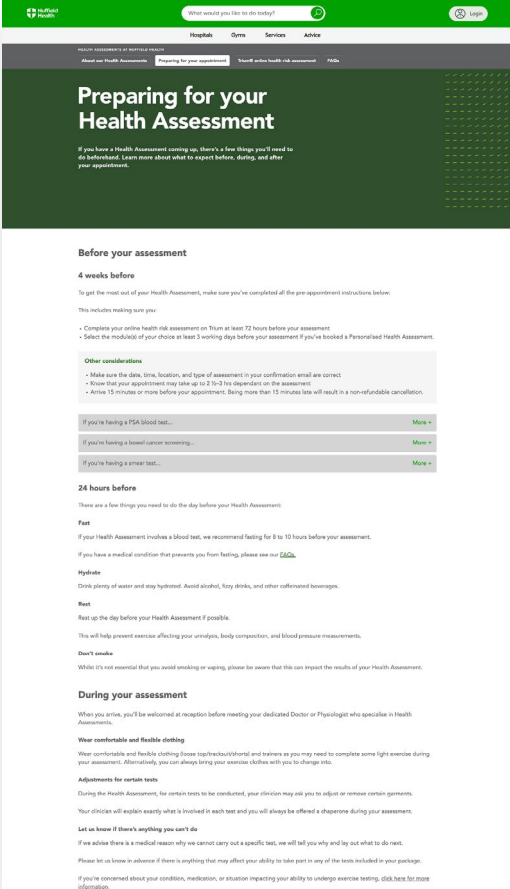
Health risk analysis



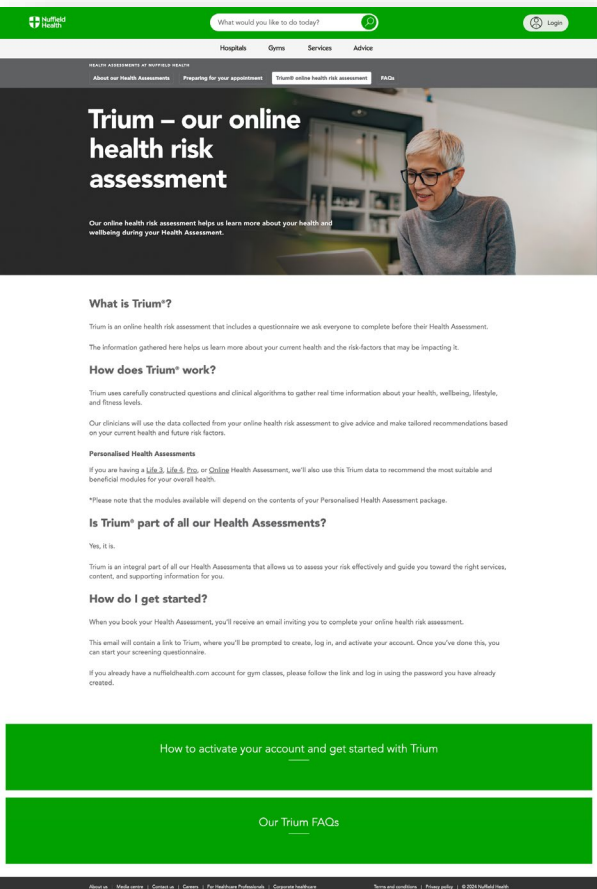
Online information hub



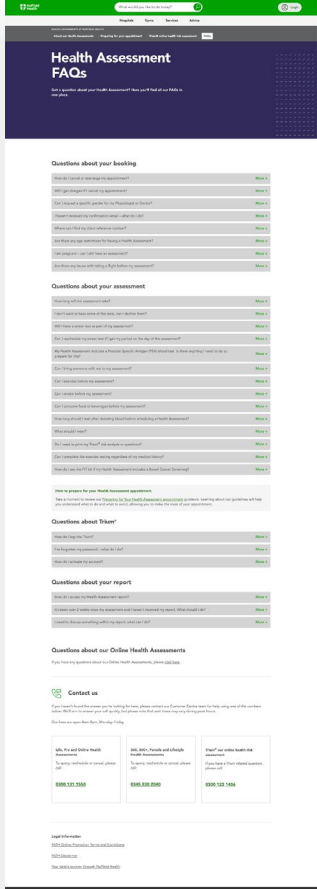
Main page linking to product information



Preparing for your assessment linked to booking confirmation email



Supporting information for Trium – our health risk questionnaire



Frequently asked questions

After your Assessment

Personalised Health Assessment report

After your assessment, you'll receive a Personalised Health Assessment report that's tailored to you.

This unique report includes your test results and any follow up recommendations your clinician may have made during your assessment.

Expert referrals

Following your Health Assessment, your Doctor may recommend a referral to a relevant service based on the results of your blood test.

Follow-up coaching calls

Alongside your report, you'll also get the chance to discuss your results and recommendations with an expert Physiologist.

This is an opportunity to unpack and explore the expert lifestyle advice you've been given and to make sure you're confident moving forward following your assessment.

Repeat access to Trium®

After your assessment, you'll maintain access to Trium. Trium gives you detailed information about your health and wellbeing, along with tailored advice that's based around your online health risk assessment answers.

30-day free gym membership

As part of your Health Assessment follow-up package, you'll also receive a complementary 30-day free Nuffield Health gym membership for use at any of our sites up and down the country. You can discuss the option of a 30-day free gym pass with your clinicians.

Thank you

Any Questions

