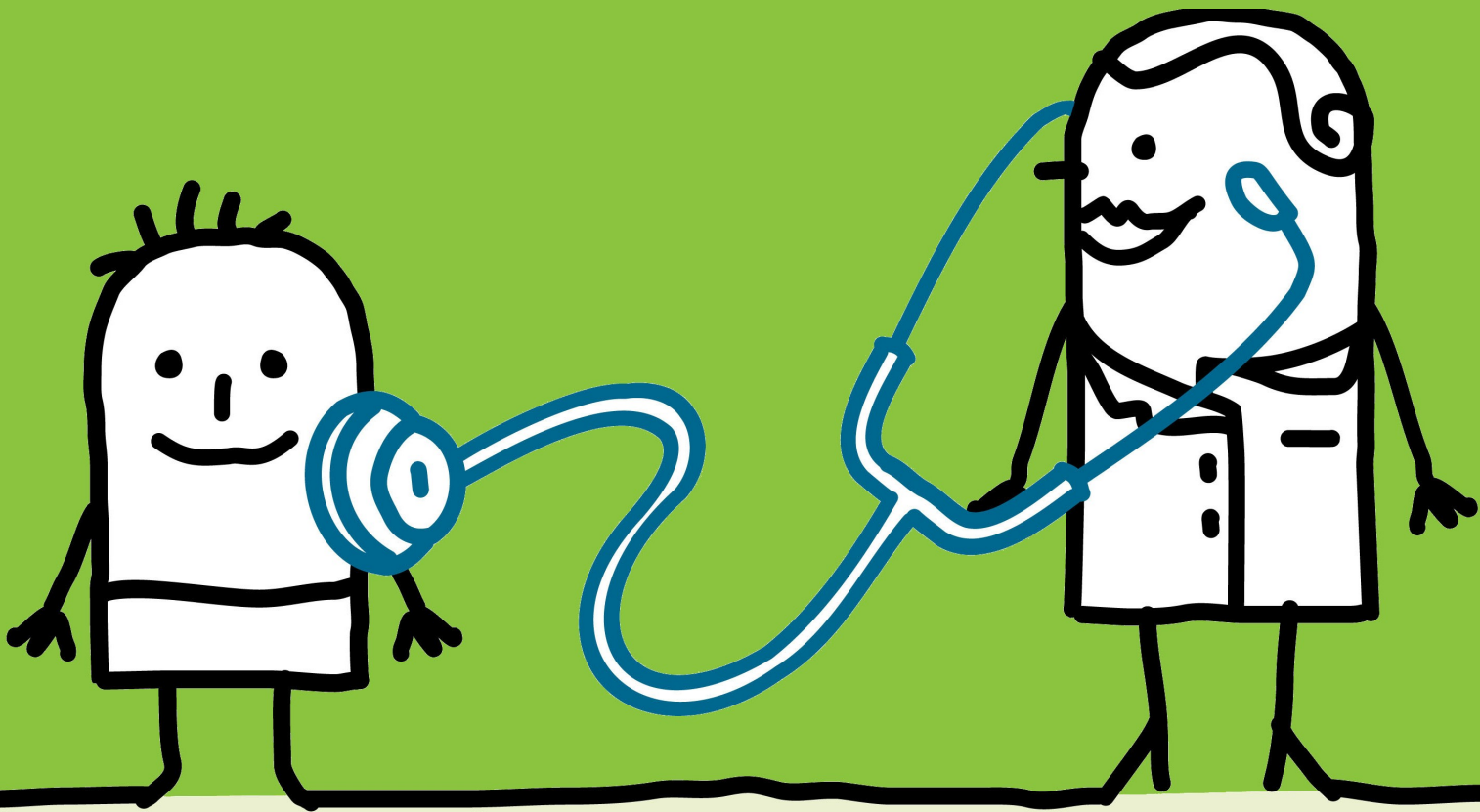


# Nuffield Health Assessments

Nuffield Health is the largest not for profit hospital network. This network also includes health clubs, screening centres and clinics all designed to keep both your body and mind as healthy as possible.

Nuffield Health provide one of the UK's most advanced range of health screens and assessments combined with state of the art technology and specialist advice. The emphasis is all about health and well-being. Looking at your current state and to work with you to make improvements by partnering with you to prompt a healthy lifestyle.



Booking is easy please call our specialist team on 0800 988 0085 and we can organise everything for you.

Assessment	Medical tests	2014 Rates	360 + Discount Price <b>£546.15</b>	360 Discount Price <b>£410.85</b>	Lifestyle Discount Price <b>£194.70</b>	Female Discount Price <b>£245.85</b>
Duration (hours)			2 ¾	2	1	1
Clinicians			Doctor Physiologist	Doctor Physiologist	Physiologist	doctor
About you	Personal medical history and lifestyle questionnaire		●	●	●	●
	Food Diary		●	●	●	●
	Full physical examination with a Doctor		●	●		
	Consultation time with Doctor		1 Hour	1 Hour	N/A	1 Hour
	Consultation time with Physiologist		1 ¾ Hours	1 Hour	1 Hour	N/A
Your measurements	Height and Weight Measurements		●	●	●	●
	Waist to Hip ratio		●	●	●	●
	Body mass index BMI calculation		●	●	●	●
	Body fat percentage		●	●	●	●
	Nuffield Body composition index		●	●	●	●
Unique tests	Computerised Spinal Assessment		●	●	●	
	Analysis of general nutritional status		●	●	●	
	Measurement of physiological resilience to stressors		●	●	●	
Sensory tests	Vision Test		●	●		
Heart and lungs	Blood pressure and pulse rate measurements		●	●	●	●
	Resting ECG (electrocardiogram)		●	●		
	Lung function test		●	●		
	Cardiovascular Assessment		●	●		
	Cardiovascular risk score		●	●		
	Dynamic Cardiovascular test measuring ECG + BP during activity		●			
	Chest x-ray		●	●		
Laboratory tests	Hydration levels		●	●	●	
	Urine analysis		●	●	●	
	Cholesterol test		●	●	●	●
	Full Blood count		●	●		●
	Full biochemistry profile including liver and kidney function		●	●		●
	Blood Glucose test for Diabetes		●	●	●	●
	Thyroid function test (female 50+)		●	●		●
	Bowel Cancer Test (45+)		●	●		
Female Specific	Cervical Smear		●	●		●
	Breast examination and guidance on self examination		●	●		●
	Pelvic Examination		●	●		●
	High Vaginal Swab - if indicated		●	●		●
	Mammography*		●	●		●
Male Specific	Testicular Examination and guidance on self examination		●	●		
	Prostate cancer blood test (50 +)		●	●		
Lifestyle coaching	Consultation with a doctor to discuss results		●	●		●
	Tailored lifestyle coaching with physiologist		●			
	Full personalised report including lifestyle guidance		●	●		●