



2019

Health Assessment Services

- Aviva corporate clients & individual policy holders benefit from 25% discount off standard rates
- 52 Health Assessment Locations
- Management Information available to corporate clients with over 100 attendees
- All attendees benefit from a 10 day membership at one of Nuffield Health 112 gyms
- Onsite Health Checks for 15, 20 or 30 minutes also available on a day rate
- Physiologist can provide Meet Our Experts support & engagement wellbeing events
- Developing our services further over the next 12 to 18 months by introducing a range of other modules
- Details found at <http://www.nuffieldhealth.com/health-assessments>
- To discuss setting up specific corporate schemes contact luke.smith@nuffieldhealth.com or duncan.jones@nuffieldhealth.com

Fees (valid until 31st December 2019)

Health Assessment	Gender	Standard Fees	Aviva Rates
360+ Health Assessment	Unisex	£764	£573
360 Health Assessment	Unisex	£574	£431
Lifestyle Health Assessment	Unisex	£272	£204
Female Health Assessment	Female	£343	£257
Mammography*	Female	£122	£92
<u>On-Site Health Checks</u>			
Resource Based Delivery Model Physiologist + consumables	Unisex	£800 VAT/day	£600 VAT/day

*available as an extra test for females over 40 years of age when attending a 360+, 360 or Female Health Assessment

Gym Membership

- Aviva policy holders and partners living at the same address benefit from a 20% discount off local clubs rates
- 112 gyms located throughout the UK - <http://www.nuffieldhealth.com/gyms#locations>
- Free Health MOT available to all members
- Clients with onsite gym's managed by Nuffield Health benefit from additional discount called Top Up or Special weekend membership

Physiotherapy, Ergonomics and On-site clinics

- Nuffield Health are able to offer Ergonomic assessment or training days where the clinical MI through BacktoBetter indicates that work station set-up is a contributing factor in high levels of spinal conditions or RSI. Please contact Andrew.matthews@nuffieldhealth.com if you would like to discuss the options for these in more details.
- Nuffield Health are able to offer on-site Physiotherapy clinics for any corporates who have a 1,000 employees or more at one site. There are certain minimum requirements in terms of space etc. To discuss this as an options please contact Andrew.matthews@nuffieldhealth.com

Wellness Days – Meet Our Experts

Nuffield Health have developed a series of education and awareness events, 'Meet our Experts' events designed to raise the level of awareness and understanding of health within the general workforce. Our physiologists deliver the events in a workshop style, providing an open forum which allows attendees to get up close to our clinicians, ask questions and receive personalised advice, take away relevant information leaflets and get involved with interactive demonstrations. These events are specifically focussed around engagement on an individual level, where current and important topics are approached in an educational manor. We are able to operate a rolling schedule of events or one off events to target specific health awareness campaigns, our topics include:

- Back Care
- Calorie Event
- Hydration
- Mood Event
- Prehab Event
- Summer Fit Event
- Lung Health
- Work/Life Balance
- Sleep and Relaxation
- Healthy Heart
- Energy Event
- Immunity Event

Nutrition

Our Nutritional Therapists practice from a range of locations, from Fitness and Wellbeing Centres to stand alone medical centres. Our services are growing rapidly, and we now offer nutrition clinics from 35 fixed locations, geographically spread across the UK. Our expanding network has the ability to cover almost any UK location, whether on a permanent basis or for an ad-hoc or short term focus consultancy basis. These services include;

- Seminars & Workshops
- The Nuffield 'Healthy Weight' Programme
- Face-to-face Consultations
- Restaurant Analysis Service

Hospitals

Nuffield Health has 31 private hospitals across the UK where Aviva patients have access to high quality hospital services. All 31 of our hospitals gained the NHS Litigation Authority (NHSLA) Level 3 accreditation, the highest clinical governance standard in the UK, and an achievement that is very much down to our matron led approach. No other private hospital group and only a handful of NHS trusts met this standard.

Recovery Plus launched in 2014, a postoperative 12-week rehabilitation programme for individuals who have undergone surgery and have finished their formal treatment. Led by a Physiotherapist, it is conducted at a Fitness & Wellbeing Gym close to the patient's home, where we can provide nutrition and dietary advice alongside a personal fitness programme and access to health mentors and Health MOTs. At the end of 2014, Recovery Plus was embedded into 29 hospitals and 47 associated Fitness & Wellbeing Gyms, with over 300 patients making use of the service. The programme is currently open to those having elective surgery for 27 procedures including hip and knee replacement, cruciate ligament treatment and spinal surgery.

The professionals at our Fitness & Wellbeing Gyms will monitor patient progress, ensuring that the care pathway doesn't stop when they leave hospital. It's our way of giving the patient the best post-operative care and getting them back to the best quality of life as quickly as possible.