



Nuffield Health Assessments.

With you for the journey,
not just for the assessment.

We're the UK's largest health charity, with 14,000 employees – including 4,000 clinical practitioners and the largest private network of Health Assessment centres. All profits are reinvested in our customers' health and wellbeing.

FREE 1 MONTH MEMBERSHIP
at the Fitness & Wellbeing Gym of your choice

Fitness & Wellbeing Gyms

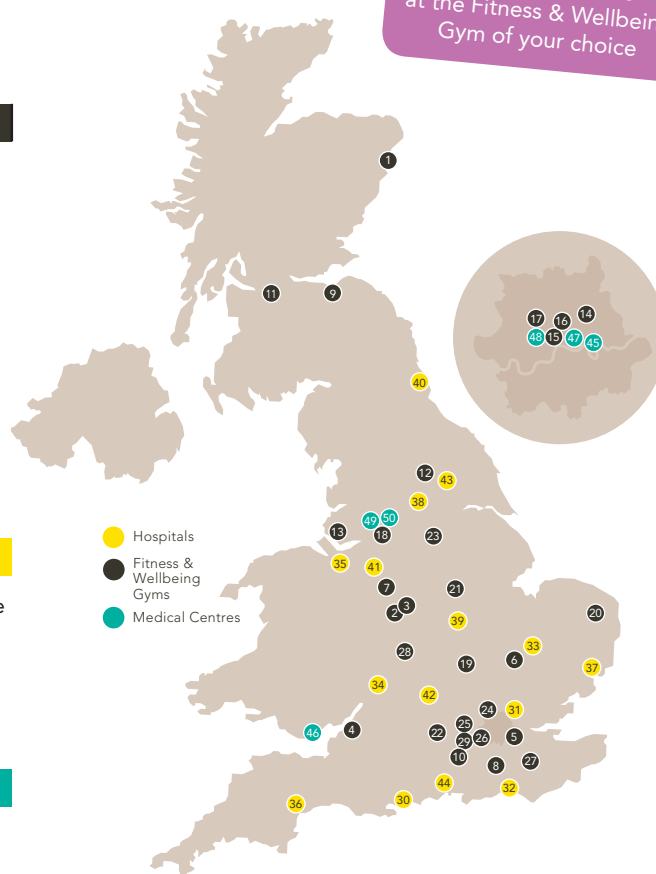
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|-----------------------|---------------------------|---------------------|
| 1. Aberdeen | 11. Glasgow | 19. Milton Keynes |
| 2. Birmingham Rubery | 12. Harrogate | 20. Norwich |
| 3. Birmingham Central | 13. Liverpool | 21. Nottingham |
| 4. Bristol | 14. London City | 22. Reading |
| 5. Bromley | 15. London Covent Garden | 23. Sheffield |
| 6. Cambridge | 16. London Moorgate | 24. St Albans |
| 7. Cannock | 17. London Paddington | 25. Stoke Poges |
| 8. Crawley | 18. Manchester Printworks | 26. Surbiton |
| 9. Edinburgh | | 27. Tunbridge Wells |
| 10. Farnham | | 28. Warwick |
| | | 29. West Byfleet |

Hospitals (m)

- | | | |
|-----------------|---------------|-------------------------|
| 30. Bournemouth | 35. Chester | 40. Newcastle Upon Tyne |
| 31. Brentwood | 36. Exeter | 41. North Staffordshire |
| 32. Brighton | 37. Ipswich | 42. Oxford |
| 33. Cambridge | 38. Leeds | 43. York |
| 34. Cheltenham | 39. Leicester | 44. Wessex |

Medical Centres

- | | | |
|------------------|---------------------------|--------------------|
| 45. Canary Wharf | 47. London - City | 49. Manchester (m) |
| 46. Cardiff (m) | 48. London - West End (m) | 50. Manchester (m) |



Health Assessment	Gender	Standard Nuffield Health Rates 2017	AXA PPP healthcare 25% discount
360+	Unisex	£727	£545
360	Unisex	£547	£410
Lifestyle	Unisex	£259	£194
Female	Female	£326	£244
Mammography*	Female	£117	£87

Terms and Conditions: Annual Price Review: Prices are valid in 2017. For new business enquiries please contact your key Nuffield Health contact: Luke Smith (luke.smith@nuffieldhealth.com). Cancellation Policy: For cancellations made more than 3 working days before the appointment date/time – no charge will be made. Cancellations made between 3 working days and 24 working hours of the appointment date/time will incur a charge of 50% of the total fee. If an employee cancels within 24 working hours of the appointment date/time, or does not attend, the full appointment fee will be charged.

Nuffield Health Assessment Options.

Assessment		360+	360	Lifestyle	Female
Duration (hrs)		3	2	1	1
Clinicians		Doctor Physiologist	Doctor Physiologist	Physiologist	Doctor
About you	Personal medical history and lifestyle questionnaire	✓	✓	✓	✓
	Full physical examination with a Doctor	✓	✓		✓
	Consultation time with a Doctor	1 Hour	1 Hour	n/a	1 Hour
	Consultation time with a Physiologist	2 Hours	1 Hour	1 Hour	n/a
Your measurements	Height and weight measurements	✓	✓	✓	✓
	Waist circumference	✓	✓	✓	✓
	Body mass index (BMI) calculation	✓	✓	✓	✓
	Body fat percentage	✓	✓	✓	
	Nuffield body composition index	✓	✓	✓	✓
Unique tests	Computerised spinal assessment	✓	✓	✓	
	Analysis of nutrition status	✓	✓	✓	
	Measurement of physiological resilience to stressors	✓	✓	✓	
	Analysis of metabolic syndrome risk syndrome	✓	✓	✓	✓
Heart and lungs	Blood pressure	✓	✓	✓	✓
	Resting ECG (if clinically indicated)	✓	✓		
	Lung function test	✓	✓		
	Cardiovascular risk score	✓	✓		
	Dynamic cardiovascular test measuring ECG + BP during activity (if clinically indicated)	✓			
	Chest X-Ray (if clinically indicated)	✓	✓		✓
	Estimation of aerobic fitness (VO2 max)	✓	✓	✓	
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 clinically indicated)	✓	✓		✓
	HPV test (if clinically indicated)	✓	✓		✓
	Mammography (if clinically indicated)	✓	✓		✓
Male specific	Testicular examination and guidance on self examination	✓	✓		
	Prostate Examination (45+ if required)	✓	✓		
	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	✓	✓	✓	✓