Lifestyle Health Assessment.

Nuffield Health. Specialists in you.
Open the conversation.

At Nuffield Health all our health assessments focus on preventative health. This means that we concentrate on informing you about your current health and wellbeing; by discussing potential issues, whilst also reinforcing good behaviours.

Through a number of different lifestyle, medical and non-invasive tests, our health assessments will allow you to understand how to take control of your health.

The focus is not to diagnose, but to allow you to understand your body and health. However, if further tests are required, our doctors can refer you to the relevant health experts; both privately or via the NHS.
Lifestyle Health Assessment.

The Lifestyle health assessment is a contemporary assessment with a focus on common health issues and lifestyle change.

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

Lasting 1 hour, the focus of the assessment will be a one-to-one coaching session where a health and wellbeing physiologist 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.

This health assessment highlights common health concerns, from weight management and stress, to poor sleep patterns and posture. And if you have any particular concerns about your health, fitness or lifestyle, we’ll be more than happy to talk through these with you as well.

Results are discussed face-to-face during the assessment, and within two weeks, you’ll receive a written personalised report.
Tests include*

- Personal medical history and lifestyle questionnaire
- Height and weight measurements
- Body Mass Index (BMI) calculation
- Body fat percentage
- Waist circumference
- Nuffield Body Composition Index
- Hydration levels
- Urine analysis
- Blood glucose test for diabetes
- Cholesterol test
- Analysis of nutrition status
- Computerised spinal assessment
- Measurement of physiological resilience to stressors
- Blood pressure
- Estimation of fitness

*Nuffield Health reserves the right not to carry out some tests if deemed clinically inappropriate.
Understanding your Health Assessment.

To help us understand all the factors influencing your health, you will need to complete a detailed questionnaire prior to your assessment, providing a strong foundation for you to make positive changes.

✓ Check stress levels
The volume, frequency and how we manage stress is key to our health and wellbeing. From your pre-assessment questionnaire and during your health assessment we will assess your psychological stress levels. We will measure your physiological response to stressors and discuss the link to health behaviours. We will then discuss techniques to help you respond better during stressful situations to improve your emotional wellbeing.

✓ Check diet and nutrition
Using our innovative and engaging dietary analysis based on the clinically validated Mediterranean diet, 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. We will look for risk factors by measuring your blood glucose (sugar) level and analysing your urine. Our clinicians will then discuss your results and help you manage your blood sugar levels through exercise, nutrition and other lifestyle changes to reduce your risk of developing diabetes in the future.

✓ Check cholesterol
Your heart is your body’s most vital organ, so make it healthier with a few simple changes. Our quick blood test will assess your cholesterol levels and allow our specialists to help you improve your diet and fitness.

✓ Check posture
Back pain is very common and is estimated to affect up to 7 out of 10 of us at some point in our lifetime. We will assess your posture and help you make positive changes to your work and home routine to avoid back pain.

✓ Check fitness
Using the results from your heart rate variability and resting heart rate we are able to assess your fitness levels. You’ll then have a coaching session with your health and wellbeing 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 health and wellbeing physiologist will give you a one-to-one coaching session and will make sure you leave with a lifestyle programme to suit you.
I’m glad I got a health assessment and expressed my concerns to the doctor. Because I didn’t have any other symptoms I could have easily gone another couple of years without being diagnosed.

Tom 43, diagnosed with prostate cancer.

Watch how Tom’s small step in having a 360 health assessment proved to be an invaluable one.

nuffieldhealth.com/tomsstory