

# Nuffield Health Assessments

With you for the journey, not just for the assessment

We are the UK's largest healthcare charity and as an organisation with no shareholders, we invest all our income back into our vision to build a healthier nation. We also have the largest owned and operated network of health assessment centres across the UK, ensuring employees always have access and choice when it comes to their health.

## Fitness and wellbeing centres

- |                            |                           |
|----------------------------|---------------------------|
| 1. Aberdeen                | 18. London – Moorgate     |
| 2. Birmingham Rubery       | 19. London – Paddington   |
| 3. Birmingham Central      | 20. Manchester Printworks |
| 4. Bristol                 | 21. Milton Keynes         |
| 5. Bromley                 | 22. Norwich               |
| 6. Cambridge               | 23. Nottingham            |
| 7. Cannock                 | 24. Preston               |
| 8. Chester                 | 25. Romford               |
| 9. Crawley                 | 26. Reading               |
| 10. Edinburgh              | 27. Sheffield             |
| 11. Farnham                | 28. St Albans             |
| 12. Glasgow Central        | 29. Stoke Poges           |
| 13. Harrogate              | 30. Surbiton              |
| 14. Liverpool              | 31. Tunbridge Wells       |
| 15. London – Barbican      | 32. Warwick               |
| 16. London – City          | 33. West Byfleet          |
| 17. London – Covent Garden |                           |

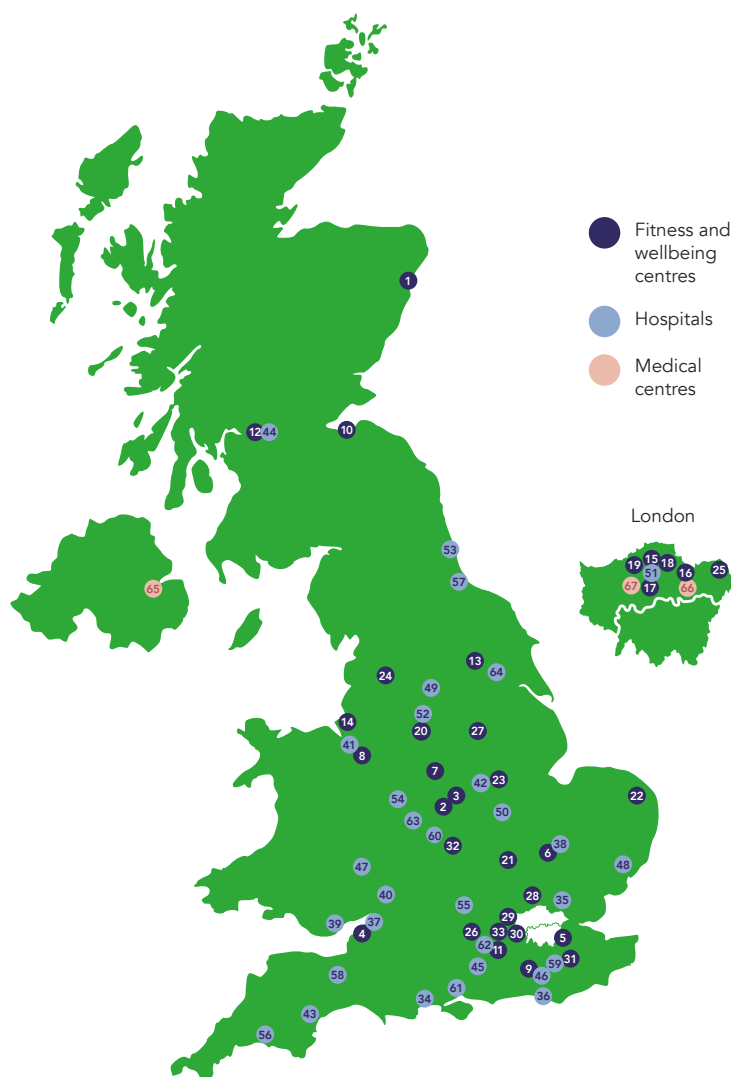
## Hospitals

- |                             |  |
|-----------------------------|--|
| 34. Bournemouth (m)         | 50. Leicester (m)  |
| 35. Brentwood (m only)      | 51. London – Nuffield Health<br>at St. Bartholomew's (m) |
| 36. Brighton (m)            | 52. Manchester (m)                                       |
| 37. Bristol (m only)        | 53. Newcastle-upon-Tyne (m)                              |
| 38. Cambridge (m only)      | 54. North Staffordshire (m only)                         |
| 39. Cardiff (m)             | 55. Oxford (m)   |
| 40. Cheltenham (m)          | 56. Plymouth (m only)                                    |
| 41. Chester (m only)        | 57. Stockton-on-Tees (m only)                            |
| 42. Derby (m only)          | 58. Taunton (m only)                                     |
| 43. Exeter (m)              | 59. Tunbridge Wells (m only)                             |
| 44. Glasgow (m only)        | 60. Warwick (m only)                                     |
| 45. Guildford (m only)      | 61. Wessex (m)   |
| 46. Haywards Heath (m only) | 62. Woking (m only)                                      |
| 47. Hereford (m only)       | 63. Wolverhampton (m only)                               |
| 48. Ipswich (m)             | 64. York (m only)  |
| 49. Leeds (m)               |  |

## Medical centres

- |                  |                           |
|------------------|---------------------------|
| 65. Belfast      | 67. London – West End (m) |
| 66. Canary Wharf | 15. London – Barbican     |

(m) – Mammography available onsite (m only) – Mammography available only



Health assessment	Standard Nuffield Health rates 2023	AXA Health 25% discount
Lifestyle	£319	£239
Female	£399	£299
360	£679	£509
360+	£889	£674

Mammography can be added to these packages for females over the age of 40 at an additional cost of £120.

### Appointments:

All bookings can be made via our central bookings team on **03452 302040**. You will need to quote the AXA Health client account number '10519' to obtain the discounted rate. Full payment is required at the time of booking.

**Corporate Enquiries:** [luke.smith@nuffieldhealth.com](mailto:luke.smith@nuffieldhealth.com)

**Terms and Conditions:** Annual Price Review: Prices are valid until 31 December 2023. 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 hours of the appointment date/time will incur a charge of 50% of the total fee. If a client cancels within 24 hours of the appointment date/time, or does not attend, the full appointment fee will be charged.

# Nuffield Health assessment options

Assessment		Lifestyle	Female	360	360+
Duration		1hr	1hr	2hrs	3hrs
Clinicians		Physiologist	Doctor	Doctor Physiologist	Doctor Physiologist
About you	Trium® online health risk analysis	✓	✓	✓	✓
	Full physical examination with a Doctor		✓	✓	✓
	Consultation time with a Doctor	n/a	1hr	1hr	1hr
	Consultation time with a Physiologist	1hr	n/a	1hr	2hrs
Your measurements	Height and weight measurements	✓	✓	✓	✓
	Waist circumference	✓		✓	✓
	Body mass index (BMI)	✓	✓	✓	✓
	Body fat percentage	✓		✓	✓
Unique tests	Functional movement assessment	✓		✓	✓
	Dietary analysis	✓		✓	✓
	Measurement of physiological resilience to stressors	✓		✓	✓
	Analysis of metabolic syndrome risk syndrome	✓		✓	✓
	Hydration levels	✓		✓	✓
	Urine analysis	✓		✓	✓
Heart and lungs	Blood pressure	✓		✓	✓
	Resting ECG			✓	✓
	Cardiovascular risk score			✓	✓
	Dynamic cardiovascular test measuring ECG & blood pressure using a Wattbike or Aerobic fitness test measuring submaximal VO2 using a Wattbike (the clinical appropriateness of each test would be discussed with the clinical team allowing the client to make an informed decision)				✓
	Chest X-Ray (if clinically indicated)			✓	✓
	Cardiovascular fitness (VO2 max) prediction	✓			✓
Laboratory tests	Cholesterol profile	✓	✓	✓	✓
	Full blood count to test for anaemia		✓	✓	✓
	Full biochemistry profile including liver and kidney function			✓	✓
	Blood glucose test for diabetes		✓	✓	✓
	HbA1c (non-fasted blood sugar) for diabetes	✓			
	Bowel cancer test (45+)			✓	✓
Female specific	Cervical smear		✓	✓	✓
	Breast examination and guidance on self examination		✓	✓	✓
	Pelvic examination		✓	✓	✓
	High vaginal swab (if clinically indicated)		✓	✓	✓
	Mammography (where purchased and if clinically indicated)		✓	✓	✓
	Thyroid function test (female 50+)		✓	✓	✓
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	✓	✓	✓	✓

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