

Health & Wellbeing Assessments

We have searched internationally and identified the very latest assessment technology that enables us to deliver the most advanced and relevant health screens available today. We address in detail the challenges of contemporary lifestyle such as stress, postural problems and nutritional intake as well as established health concerns. And we deliver a service that is much more than ticking boxes. Our aim is not only to reassure, but also to be a catalyst for sustainable change, motivating and empowering people to develop their energy, vitality and resilience by taking a proactive approach to managing their lifestyle.

Fit Life Wellbeing Assessment

A contemporary approach to health and wellbeing management. This assessment includes the very latest technology, some of which is exclusive to Nuffield Health. The particular feature of this assessment is its focus on today's lifestyle and health issues and its delivery by a highly trained health and wellbeing physiologist to motivate behavioural change where necessary.

THE ASSESSMENT INCLUDES:

LIFESTYLE TESTS

- Medical history and lifestyle questionnaire
- Height and weight measurement
- Body Mass Index (BMI)
- Body fat percentage
- Hip to waist ratio
- Nuffield Body Composition Index
- Hydration levels
- Urine analysis
- Blood glucose and cholesterol measurement
- Anti-oxidant level measurement
- Computerised spinal assessment
- Flexibility measurement
- Physiological measurement of resilience to stressors
- Blood pressure measurement
- Assessment of fitness level
- Cancer prevention awareness

ALL FOLLOWED BY:

- Discussion of all results and findings at the time of attendance
- Discussion of management of any health issues identified
- Detailed lifestyle coaching and personalised action plan
- Written personalised report with all relevant health fact sheets within two weeks of attending