

Nuffield Health Assessments

With you for the journey, not just for the assessment



As the UK's largest healthcare charity we invest all our income back into our purpose to build a healthier nation. We also have the largest private network of health assessment centres across the UK, ensuring employees always have access and choice when it comes to their health.

**FREE 30 DAY
TRIAL MEMBERSHIP***

*At the Fitness & Wellbeing centre of your choice

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

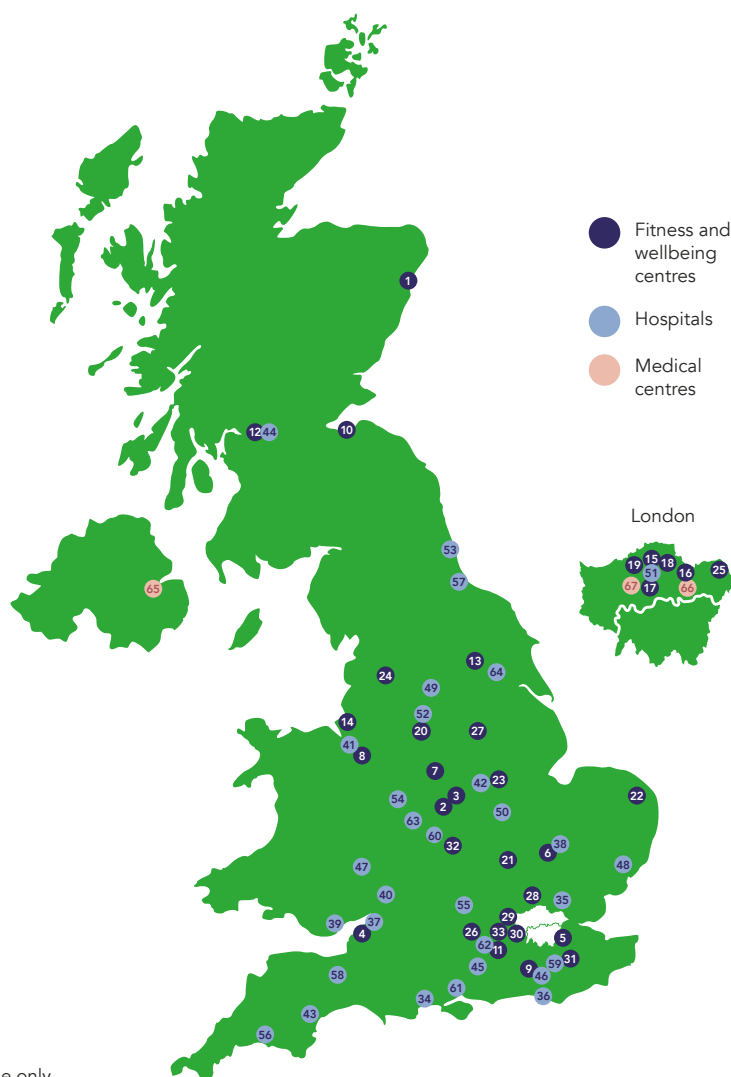
- | | |
|-----------------------------|--|
| 34. Bournemouth (m) | 50. Leicester (m) |
| 35. Brentwood (m only) | 51. London – Nuffield Health at St. Bartholomew's* (m) |
| 36. Brighton (m) | 52. Manchester (m) |
| 37. Bristol (m only) | 53. Newcastle-upon-Tyne (m) |
| 38. Cambridge (m only) | 54. North 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

*Nuffield Health at St. Bartholomew's opening Q1 2022.



Health assessment	Standard Nuffield Health rates 2022	Towergate client rates 2022
360+	£839	£629
360	£629	£472
Lifestyle	£299	£224
Female	£379	£284
Mammography	£135	£115

Appointments: All bookings can be made via the central bookings team on 03452 302040. You will need to quote the Towergate client account number '20403' to obtain the discounted rate. Full payment is required at the time of booking.

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			✓	✓
	Lung function test			✓	✓
	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	✓	✓	✓	✓
	Follow-up calls available	✓	✓	✓	✓

Online health assessments

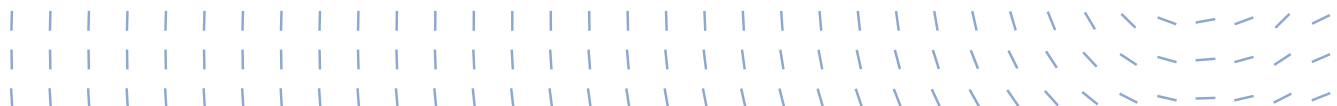
To ensure we can support your employees in maintaining their best health we have online health assessments delivered via Microsoft Teams.

Our online health assessments offer updated health modules, at home pathology testing kits and the same level of follow-up coaching to ensure new lifestyle behaviours and habits are working. Where additional tests are required, individuals will be offered testing in clinic if clinically appropriate.



Assessment	Packages delivered by a physiologist		Packages involving a doctor
	Life Online	Life Online+	Pro Online
Trium® health risk assessment	✓	✓	✓
Blood tests at home	–	HbA1c and cholesterol profile	HbA1c, cholesterol profile and faecal immunochemical test (>45)
Blood tests in clinic	–	HbA1c, cholesterol profile and urinalysis	HbA1c, cholesterol profile, full blood count, general chemistry, faecal immunochemical test (>45), PSA/TSH (>45) and urinalysis
Doctor consultation (30 min video call)	–	–	x1
Physiology coaching module (30 min video call)	x1	x1	x1
Physiology follow up (15 min video call)	x2	x2	x2
Health assessment duration	60 mins	60 mins	90 mins
Alternative to in-person	Life 2-3, Lifestyle or mini health check	Life 4, Lifestyle+ assessments	Pro 1-4, 360 or 360+ assessments

Health assessment	Standard Nuffield Health rates 2022	Towergate client rates 2022
Life Online	£149	£119
Life Online+	£199	£159
Pro Online	£349	£279



Terms and Conditions: Annual Price Review: Prices are valid in 2022. 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 a client cancels within 24 working hours of the appointment date/time, or does not attend, the full appointment fee will be charged.

Towergate Health & Protection, a trading name of Health and Protection Solutions Limited, is an independent intermediary, authorised and regulated by the Financial Conduct Authority (FCA). This can be checked on the FCA's website or by calling them on 0800 111 6768 (freephone). Not all products and services offered are regulated by the FCA. Registered in England and Wales No: 4907859. Registered office: West Park House, 23 Cumberland Place, Southampton, SO15 2BB. VAT Registration No: 447284724.