

**PATH:** Personalised Assessment for Tailored Health.

## A multi-practitioner approach focused on your current and future health risk.

### What is it?

Giving you the flexibility of a physiology module and two medical modules, this extensive multi-practitioner-led assessment contains two hours of time to focus on your individual health, as well as providing the steps required to improve aspects of health important to you.



	Trium®	Health dashboard	Digital content	Biometric screening	Finger prick blood analysis	Full blood analysis	Physical examination	Physiologist module (30 minutes)	Doctor modules (30 modules)	Follow up coaching (15 minutes)	Total duration of session (mins)
Pro 3	✓	✓	✓	✓	—	✓	✓	x2	x2	x2	120

## Trium®

This digital experience will provide you with a personal health hub, giving you all the elements of your health and wellbeing as well as the ability to make amendments should things change. After analysis of your current health status, Trium® will recommend health modules which best suit your needs. Remember, this experience is about you – so you can still choose a different module at this point.

## My physiology time

The extended time with a health and wellbeing physiologist will supplement your core measurements with a health module that focuses on future health risk mitigation. Your selected module will look more closely into areas such as diabetes prevention, stress and resilience management, or back and posture health – providing you with a greater understanding of your health.

## My doctor time

Your option of two medical modules cover the complete range of the healthcare spectrum – and it's this flexibility and choice that allows us to be specialists in you. You may want an overall health examination to give you true peace of mind; in this case, the general health and bloods modules might suit your needs. Or, if you want to focus on something in particular, our wide range of bespoke health modules will help.

## My health: what next?

Your doctor will write a bespoke tailored report, which will contain discussions, advice, guidance and your planned steps. Now that you understand your health in greater context, why not revisit Trium® and explore how this impacts your health profile?