

PATH: Personalised Assessment for Tailored Health.

Our most indepth and detailed health analysis journey focused completely on you.

What is it?

An assessment built uniquely around you, the Pro 4 assessment will provide you with peace of mind, while giving you the tools and motivation you can take away on your health journey. Combining your personal digital health hub, the flexible choice of two medical modules, two physiology modules and full blood analysis, for the most detailed and supportive health assessment we offer.





	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 4	✓	✓	✓	✓	—	✓	✓	x3	x2	x2	150

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 a health module 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 key health measurements with two modules that focus on future health risk mitigation. Your selected modules will look more closely into areas such as cardiovascular performance, routine heart check, diabetes prevention and stress and resilience management – 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 and provide a detailed, multi-practitioner approach. 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 health and wellbeing physiologist will write a bespoke tailored report, which will contain discussions, advice, guidance and your planned steps. One of our doctors will then help manage the next steps, should abnormal results be identified. Remember – at Nuffield Health, we’re with you for the journey, so why not revisit Trium® when you achieve your set goals to see how your health picture changes?