



# 360+ health assessment.

The 360+ health assessment is our most in depth assessment, and will give you a full overview of your general health and wellbeing, with an extra focus on cardiovascular health.

Using the latest health testing technology, a doctor and health and wellbeing physiologist will guide you through a comprehensive range of tests, with plenty of time to discuss and explain your results. Knowing how healthy you are means you can tailor your lifestyle and live life to the full.

Your assessment will last three hours and will include an enhanced focus on cardiovascular disease and personal fitness levels. The health and wellbeing physiologist will conduct lifestyle risk stratification and will then utilise the health assessment data to conduct a detailed lifestyle coaching session and create a personalised action plan to enhance your health and wellbeing.

Results are discussed face-to-face during the assessments, and within two weeks, you'll receive a written personalised report. Where serious issues are found, we'll call you in person before your report is sent and will refer you onto the relevant health specialist.

## Tests include.\*

- Personal medical history and lifestyle questionnaire
  - Height and weight measurements
  - Body Mass Index
  - Body fat percentage
  - Waist circumference
  - Hydration levels
  - Urine analysis
  - Full biochemistry profile including liver and kidney function
  - Blood glucose test for diabetes
  - Cholesterol profile
  - Analysis of nutrition status
  - Computerised postural assessment
  - Lung function test
  - Measurement of physiological resilience to stressors
  - Dynamic cardiovascular test measuring ECG + BP during activity (if clinically indicated) or VO2 max
  - Blood pressure
  - Resting ECG
  - Cardiovascular risk score
  - Chest x-ray (if clinically indicated)
  - Bowel cancer test (45+ years)
  - Analysis of metabolic syndrome risk
- For male clients:**
- Testicular examination and guidance on self examination
  - Prostate cancer blood test (50+ years)
- For female clients:**
- Breast examination and guidance on self examination
  - Pelvic examination
  - Cervical smear (if clinically indicated)
  - High vaginal swab (if clinically indicated)
  - Thyroid function test (female 50+ years)
  - Mammography\*\* (for females aged 40 and over if appropriate)

\*Nuffield Health reserves the right not to carry out some tests if deemed clinically inappropriate.\*\*If you are booking a mammogram, this will take a further ½ hour. Please note that in most cases mammograms are booked as a separate appointment and may be held at a different Nuffield Health location to your health assessment.