

Your health, handled with care

Executive Healthcare Programme

Welcome



Welcome to your

Executive Health Programme

Without doubt one of the most important decisions you can make, for your own benefit and that of your company, is to become a member of a quality health Programme. We are delighted that you have chosen Nuffield Health to be your health partner.

We take a highly personalised approach to complete health and wellbeing, physical and psychological, for each of our executive clients. First, during your pre-assessment and as importantly throughout the delivery of your Executive Medical Assessment, your journey with us will be shaped by your dedicated clinical team in partnership with you; we will review your full medical history, lifestyle, diet and pathology results (blood screening). We will then use these outcomes to develop your unique programme, including a series of follow-up sessions and touch points that we have agreed with you, to support and promote your optimal wellbeing.

So relax. From now on, your continued good health will be our first priority.



Your Programme Journey



We understand How Busy You Are



Pre-assessment at your place of work

We believe in providing the finest medical opinion and assessment for all our executive clients. We also believe in making life as easy as possible for you because we understand how busy and demanding your schedule may be. So, your programme journey will begin with a consultation at your place of work for your convenience with your allocated physician and physiologist, this team of clinicians will be with you throughout the entirety of the programme to provide consistency and the best possible support.

Thereafter, your assessment Journey will take place at our flagship Medical Centre based near Canary Wharf. We'll pick you up from your company and bring you to us in a chauffeur driven car.



Meeting your medical team

During your Consultation, which will last 1 hour, your doctor and physiologist will discuss your full medical history, including key lifestyle factors. This will allow them to build a picture of your general health and wellbeing goals.



Your Pre-assessment Consultation

Your height, weight, blood pressure and Body Mass Index will be measured and blood, urine and saliva samples will be taken for the cardiovascular genetic profiling. (This can protect against coronary heart disease through early detection).

The doctor and physiologist will also introduce and explain your personal resilience assessment, for which you will wear a Bodyguard monitor which will provide measurements on, for example, respiratory rate, oxygen consumption and energy expenditure over a 72-hour period. With this data, our clinical team is able to advise you on the areas of your lifestyle to focus on and improve.

At the end of the consultation, all the samples obtained will be taken by us to our laboratory in our flagship medical centre for processing. The results will be made available for discussion at the next stage of the assessment.

Important: You will need to fast for 4 hours before your Pre-Assessment Consultation. You will be able to eat again after blood samples have been taken.



The Five Key Components



Following your Pre-assessment, you will attend our advanced Medical Centre for your Executive Health Assessment. This should take approximately 3.5 hours and will consist of five components or modules.

Each module will be conducted by our dedicated team of clinical and wellbeing specialists, who will guide you seamlessly and effortlessly from one module to the next.



Your Executive Health Assessment


Module A	Module B	Module C	Module D	Module E
Sonograph Session 30 minutes	Physiology Session 1 Hour 15 minutes	Physician Session 45 minutes	Mental Wellbeing 45 minutes	Physician & Physiologist 30 minutes
Ultrasound AAA screening	Lifestyle measurements including ECG testing, discussion on lifestyle behaviours and review of your resilience assessments results	Full physical examination, review of pathology and genetic profiling	Initial discussion and review of further activity	Review and action planning

Important: You will need to fast for 6 hours before your Advanced Assessment takes place. You will be able to eat again, if necessary, after you complete Module A.

Your Enhanced

Pathology Assessment

In addition to a full pathology profile, we undertake a further series of tests to help us gain a true understanding of your health and potential risks. These include tests for the risk of Deep Vein Thrombosis (DVT), CRP (protein test) to assess cardiovascular risks and Vitamin D. We also evaluate immunity levels.

	
Blood biochemistry	Thyroid test
Haematology profile	Travel risk screen
Protein CRP test	Blood grouping
Autoimmunity test	Vitamin D test



Your Personalised Healthcare Report

Within 10 working days of completing your Executive Health Assessment, you will receive a detailed and comprehensive report on your health and wellbeing. This will incorporate your agreed Personalised Healthcare Programme, plus details of any follow-up sessions and key touch points based around your own needs.

If you are referred to a Nuffield Health Hospital, or any other treatment centre, and need to involve your private medical insurer, our Client Services Team will liaise with everyone on your behalf. Your Programme will be case-managed by our dedicated physician/physiologist over an initial 12-month period, and can include:



- Private GP appointments / telephone consultations
- Repeat prescriptions / prescription delivery service
- Mental wellbeing coaching
- Access to Nuffield Health fitness specialists / personal trainer sessions
- Nutritional consultations
- Physiotherapy consultations / treatment
- Travel Clinic Service
- Diagnostics
- Case management by Physician

Personalised contact
We will provide you with a dedicated telephone number and email address, giving you direct access to the services Nuffield Health offer as part of your Programme. We aim to respond to you within a maximum of 2 hours during normal office hours(8am-5pm) and within 24 hours outside of these times.



Flexible Healthcare That responds to your needs

The best quality healthcare support focuses on your needs, not just our services. At Nuffield Health, every element of our Programme is uniquely tailored to the ups and downs of your healthcare requirements. We are here whenever you need us.

Our concierge approach to your wellbeing ensures that when you call, we listen and act. It means that throughout your Programme and beyond, we will not only monitor your health and wellbeing but we will also be proactive, giving you one point of contact for all your wellbeing needs.

For instance, in the event that an onward referral is required, we will work closely with your private medical insurers, arrange outpatient visits and deliver the high level of ongoing quality care that you would expect from us.



A concierge approach that supports you throughout your Programme and beyond

Who we are

We are the UK's largest health charity, with 11,000 employees - including 4,000 clinical practitioners - with all profits reinvested in our customers' health and wellbeing.

We have a seamless approach to care, spread across 200 private hospitals, clinics, fitness & wellbeing centres and diagnostic units. We have your continued health - and the rest of the nation's - well and truly at heart.



Where we are

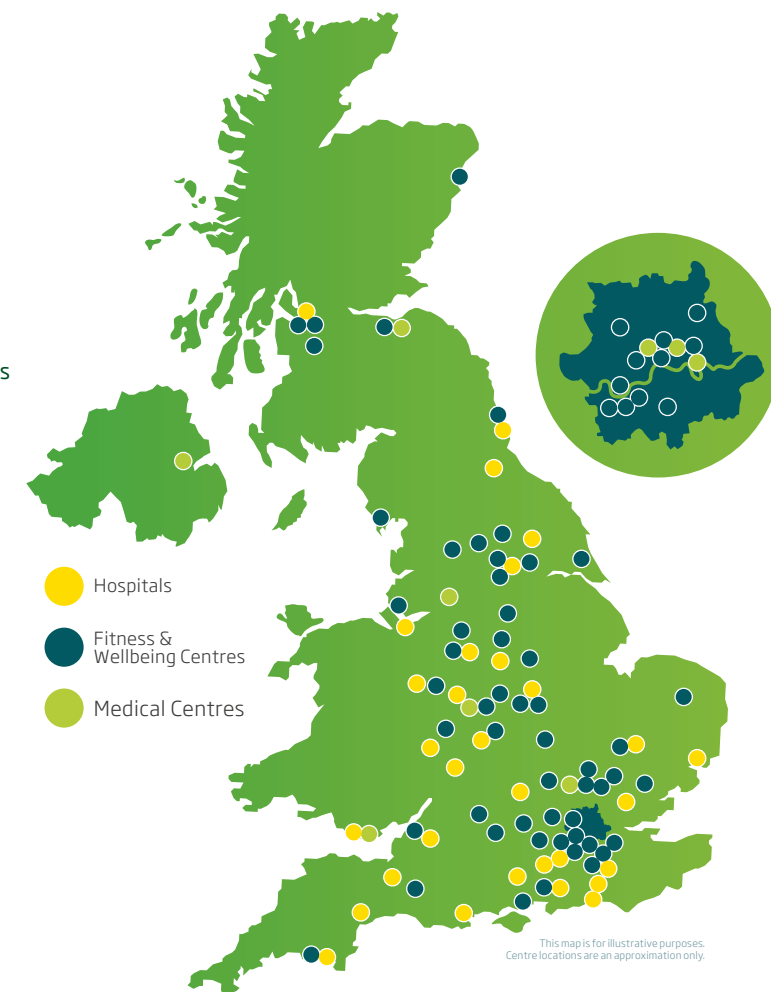
You will find Nuffield Health spread throughout the UK. Wherever and whenever corporate health and wellbeing, including yours, needs handling with expert and continuous care, we are there.

Our facilities

- 31 Hospitals
- 65 Health Clubs
- 4 Medical Centres
- 204 Corporate Fitness Centres
- 40 Health Assessment Centres
- 66 Specialist Rehabilitation Centres
- 2000 Accredited & governed physiotherapists

What we do

- Improve and maintain health
- Assess and contain health risks
- Treat health problems
- Optimise performance
- Educate and ensure awareness
- Perform therapy including physiotherapy
- Ensure fitness and wellbeing
- Perform health assessments
- Perform consultations and diagnostics



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