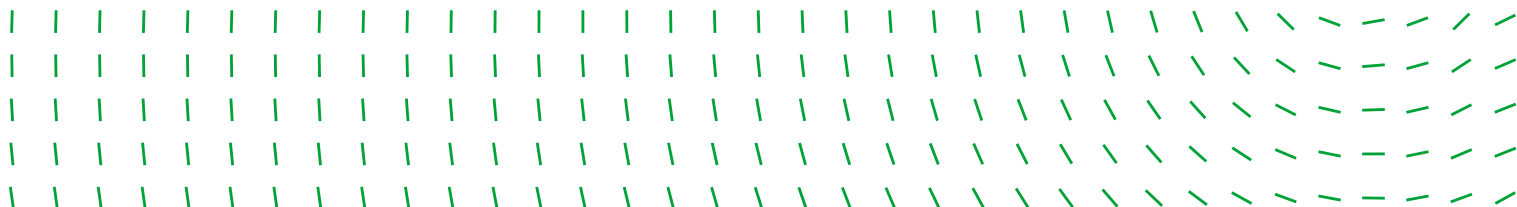


PATH											
Face to face assessments									Online Assessments		
	Life 1	Life 2	Life 3	Life 4	Pro 1	Pro 2	Pro 3	Pro 4	Life Online	Life Online+	Pro Online
In the health assessment											
Core biometrics											
• BMI	x	✓	✓	✓	✓	✓	✓	✓	x	x	x
• Waist circumference	x	✓	✓	✓	✓	✓	✓	✓	x	x	x
• Body fat percentage	x	✓	✓	✓	x	✓	✓	✓	x	x	x
• Blood pressure	x	✓	✓	✓	✓	✓	✓	✓	x	x	x
• Urinalysis	x	✓	✓	✓	✓	✓	✓	✓	x	✓	✓
• NICE aligned referral pathway in absence of doctor	x	✓	✓	✓	x	x	x	x	✓	✓	x
• Doctor referral to specialist, if clinically indicated	x	x	x	✓	✓	✓	✓	✓	x	x	✓
• Chest x-ray if clinically indicated	x	x	x	x	✓	✓	✓	✓	x	x	✓
• Mammogram for females aged 40+ (at additional cost)	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Core pathology											
• Full blood count	x	x	x	✓	✓	✓	✓	✓	x	x	✓
• Total cholesterol	x	✓	✓	✓	✓	✓	✓	✓	x	✓	✓
• Cholesterol profile (total, HDL, LDL, triglycerides)	x	x	x	✓	✓	✓	✓	✓	x	✓	✓
• Glucose	x	✓	✓	✓	✓	✓	✓	✓	x	x	x
• HbA1c*	x	✓	✓	✓	✓	✓	✓	✓	x	✓	✓
• Liver enzymes	x	x	x	✓	✓	✓	✓	✓	x	x	✓
• Kidney function	x	x	x	✓	✓	✓	✓	✓	x	x	✓
• Calcium	x	x	x	✓	✓	✓	✓	✓	x	x	✓
• Urea	x	x	x	✓	✓	✓	✓	✓	x	x	✓
• Creatinine	x	x	x	✓	✓	✓	✓	✓	x	x	✓
• Potassium*	x	x	x	x	✓	✓	✓	✓	x	x	x
• Phosphate*	x	x	x	x	✓	✓	✓	✓	x	x	x
• Option for additional pathology (chargeable)	x	x	x	x	✓	✓	✓	✓	x	x	x
• TSH Thyroid Function for females aged 50+	x	x	x	✓	✓	✓	✓	✓	x	x	✓
Bespoke health assessment report											
Health report from physiologist	x	✓	✓	✓	x	✓	✓	✓	✓	✓	✓
Review of bloods and urinalysis by doctor	x	x	x	✓	✓	✓	✓	✓	x	x	✓
Agreed targets and action plan	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Behaviour change											
Follow-up coaching calls	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Coaching session with physiologist	x	x	✓	✓	x	x	✓	✓	✓	✓	✓
Repeat access to Trium	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Duration											
Total clinician time	–	30 mins	60 mins	60 mins	60 mins	90 mins	120 mins	150 mins	60 mins	60 mins	90 mins
Total time with physiologist	x	30 mins	60 mins	60 mins	x	30 mins	60 mins	90 mins	60 mins	60 mins	60 mins
Total time with doctor	x	x	x	x	60 mins	60 mins	60 mins	60 mins	x	x	30 mins

*If clinically indicated.



Modules

	PATH										
	Face to face assessments								Online Assessments		
	Life 1	Life 2	Life 3	Life 4	Pro 1	Pro 2	Pro 3	Pro 4	Life Online	Life Online+	Pro Online
Physiologist modules (number of flexible modules from list below)	-	-	1	1	-	-	1	2	1	1	1
Lifestyle management for healthy hearts	x	x	✓	✓	x	x	✓	✓	✓	✓	✓
Diabetes prevention	x	x	✓	✓	x	x	✓	✓	✓	✓	✓
Posture & movement health	x	x	✓	✓	x	x	✓	✓	✓	✓	✓
Stress & resilience management	x	x	✓	✓	x	x	✓	✓	✓	✓	✓
Fitness	x	x	✓	✓	x	x	✓	✓	✓	✓	✓
Cancer risk reduction	x	x	✓	✓	x	x	✓	✓	✓	✓	✓
Healthy weight loss	x	x	✓	✓	x	x	✓	✓	✓	✓	✓
Energy & sleep health	x	x	✓	✓	x	x	✓	✓	✓	✓	✓
Doctor modules (number of flexible modules from list below)	-	-	-	-	2	2	2	2	-	-	-
General examination	x	x	x	x	✓	✓	✓	✓	x	x	x
Bone health	x	x	x	x	✓	✓	✓	✓	x	x	x
Alcohol review	x	x	x	x	✓	✓	✓	✓	x	x	x
Sexual function	x	x	x	x	✓	✓	✓	✓	x	x	x
Sexually transmitted infection screen	x	x	x	x	✓	✓	✓	✓	x	x	x
Routine heart check	x	x	x	x	x	✓	✓	✓	x	x	x
Bowel cancer screen	x	x	x	x	✓	✓	✓	✓	x	x	x
Open consultation	x	x	x	x	x	x	x	x	x	x	✓
Dual modules (combination of physiologist and doctor)											
Cardiovascular performance	x	x	x	x	x	x	x	✓	x	x	x









Physiologist modules

Our physiology modules are designed to address the key contributors to absenteeism and presenteeism, supporting your employees in achieving the level of health and wellbeing they aspire to. Using the clinical data within Trium, the health and wellbeing physiologist will highlight the most clinically relevant modules, enabling informed decision making. The dedicated health and wellbeing physiologist will deliver an in-depth, module specific, consultation and facilitate sustainable behaviour change strategies.

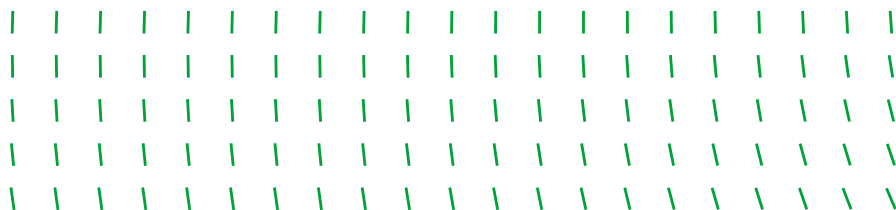
<p>Posture and movement health</p> <p>Review of strength, stability and range of motion to assess movement quality.</p> <ul style="list-style-type: none"> Functional movement assessment Exercise prescription Improving strength, flexibility and stability Signposting to physiotherapy, if clinically indicated. 	<p>Fitness</p> <p>Provides fitness level, fitness age and heart rate training zones including guidance on enhancing fitness levels.</p> <ul style="list-style-type: none"> Aerobic capacity test Fitness score Fitness age Heart rate training zones Haemodynamic response to exercise Exercise prescription. 	<p>Diabetes prevention</p> <p>Reviews lifetime and 10-year risk of developing diabetes, provides guidance to lower risk and advice on managing metabolic health.</p> <ul style="list-style-type: none"> Detailed review of lifetime risk Qdiabetes, 10-year risk HbA1c Lifestyle prescription bespoke to modifiable risk factors. 	<p>Lifestyle management for healthy hearts</p> <p>Reviews lifetime and 10-year risk of developing heart disease, provides guidance to lower risk and advice on managing weight, blood pressure and cholesterol levels.</p> <ul style="list-style-type: none"> Detailed review of lifetime risk QRISK, 10-year CVD risk Full lipid profile Total, HDL & LDL cholesterol Triglycerides Lifestyle prescription bespoke to modifiable risk factors.
<p>Cancer risk reduction</p> <p>Discussion of lifetime risk of cancer, the modifiable and non-modifiable factors and recommendations to lower risk.</p> <ul style="list-style-type: none"> Review of cancer lifetime risks from Trium Focus on the modifiable factors contributing to risk Lifestyle prescription to lower risk. 	<p>Stress and resilience management</p> <p>Review of stress levels and physiological response to stressors. Contributing factors to stress explored and techniques discussed to build resilience.</p> <ul style="list-style-type: none"> Heart rate variability analysis Domains of resilience questionnaire 12-month access to self-guided computerised CBT Techniques to improve stress management. 	<p>Energy and sleep health</p> <p>Review of daily sleep and energy patterns, sleep hygiene, and lifestyle factors to understand where energy is being depleted and where it can be naturally improved.</p> <ul style="list-style-type: none"> Sleep health questionnaire 72-hour heart rate variability analysis Review of energy draining and replenishment Sleep hygiene guidance. 	<p>Healthy weight loss</p> <p>Weight loss plan with bespoke and realistic goals to manage behaviour change and advice on correct calorie consumption and activity levels.</p> <ul style="list-style-type: none"> Body composition analysis Calculation of metabolic requirements Exercise, dietary and lifestyle guidance to lower weight.

Doctor modules

Our doctor modules offer dedicated time with an experienced health assessment doctor to review core pathology results and focus on specific health areas of interest, which include additional testing and clinical assessment. During the consultation our doctors will review the medical history, provide a summary of current health and areas of concern, offer appropriate advice and generate an onward referral where clinically indicated. Clients will receive a report detailing the findings and advice within 14 days of their appointment.

<p>Bone health </p> <p>Comprehensive risk assessment, and detailed management advice for those with an increased risk of bone fracture.</p> <ul style="list-style-type: none"> • QFracture questionnaire • Vitamin D • Thyroid Profile • Phosphate • Testosterone (Male <60) • DEXA scan referral*. 	<p>Sexual function </p> <p>Assessment to review hormonal and metabolic causes of sexual dysfunction, including lifestyle and psychological factors.</p> <ul style="list-style-type: none"> • Neurological and neck examination • Genitalia/pelvic examination • Gender specific hormone profiles • Males: testosterone, prolactin • Females: TSH, FSH, LH, prolactin, oestradiol, progesterone. 	<p>Alcohol review </p> <p>Addresses concerns related to alcohol consumption along with guidance and support.</p> <ul style="list-style-type: none"> • AUDIT questionnaire • Abdominal examination.
<p>General examination </p> <p>A general health check and full systemic examination, with age and gender specific examinations if clinically indicated (smear/HPV for women and PSA/DRE for men).</p> <ul style="list-style-type: none"> • Full systemic examination: cardiovascular, respiratory, abdominal/DRE, ENT/oral cavity, neurological, skin, breast (females), testicular/prostate (males), musculoskeletal. • PSA (Male ≥50yrs) • HPV/smear* (Female ≥25yrs) • Chest X-Ray*. 	<p>STI screen </p> <p>For non-symptomatic individuals includes non-invasive genital sample, as well as blood test to screen for STIs.</p> <ul style="list-style-type: none"> • Intimate examination • Oral cavity examination • Chlamydia • Gonorrhoea • HIV • Hep B • Syphilis. 	<p>Bowel cancer screen </p> <p>Non-invasive screening for those individuals whose age, risk factors or family history place them at an increased risk.</p> <ul style="list-style-type: none"> • Abdominal examination • DRE • FIT Test.
<p>Routine heart check </p> <p>Includes a resting ECG which will be reviewed, in addition to a clinical examination and 10-year risk calculation for cardiovascular health.</p> <ul style="list-style-type: none"> • Resting ECG • QRISK, 10-year CVD risk • Cardiovascular examination. 	<p>Dual modules (combination of physiologist and doctor)</p>	
<p>Cardiovascular performance </p> <p>Assesses risk of heart disease development, includes a full cardiovascular risk assessment, resting ECG and an exercise based assessment.</p> <ul style="list-style-type: none"> • Resting ECG • QRISK, 10-year CVD risk • Cardiovascular examination • Exercise ECG or aerobic capacity test, depending on clinical risk • Exercise ECGs are reviewed by a cardiologist. 		

*If clinically indicated.



For more information on our PATH product range visit nuffieldhealth.com/path or speak to your dedicated client director.