

PATH

Personalised Assessment
for Tailored Health



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Healthy people. Healthier business.

PATH is our unique way of evaluating health and wellbeing.

Standing for **P**ersonalised **A**ssessment for **T**ailored **H**ealth, it offers a differentiated journey using our unique Trium® technology to analyse information about your employees' lifestyle, health and wellbeing.

Trium®

The more it discovers, the clearer picture it has of an individual and recommends relevant steps that need to be taken highlighting areas of health risk. It helps our physiologists and doctors recommend the appropriate modules found within PATH and sets each individual off on their tailored health assessment journey.

Flexibility and intelligence

As needs and individual health risk change over time, PATH has the flexibility and intelligence to reflect those changes in its recommendations, ensuring at any point in an individual's health journey they have access to the most relevant content.

Few things in business are as simple as this

All progressive companies understand that if you invest in your employees health and happiness, you will be repaid on your bottom line.



Trium.[®]

Thinking ahead.

A sophisticated technology platform, Trium[®] is our unique clinical brain which focuses on bringing together three pillars – health, wellbeing and fitness.

Objective not judgemental, the more open and honest an individual is with Trium[®], the better the advice they'll get and the better outcome they will ultimately have.

The process is simple:

Step 1

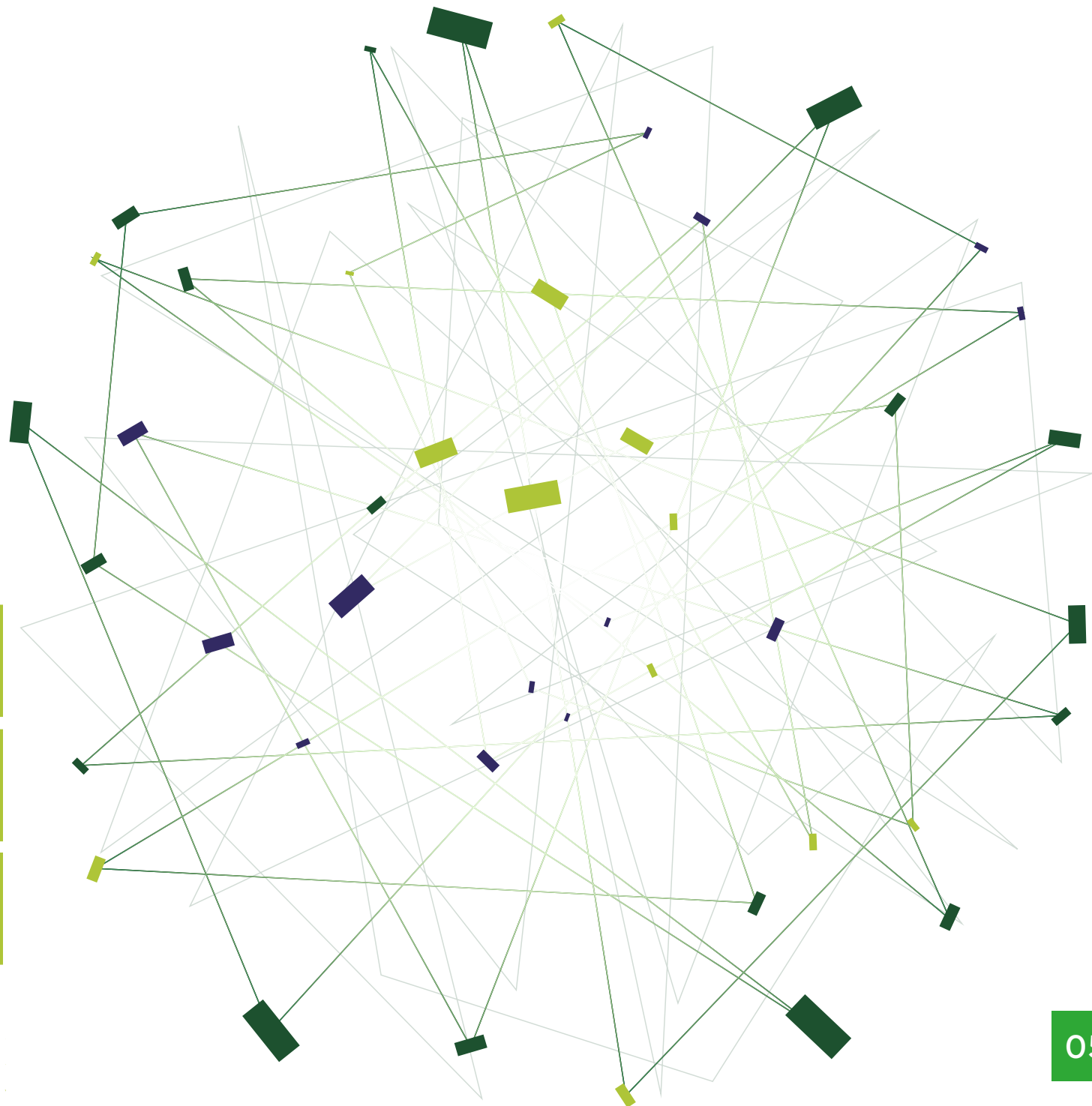
Trium[®] asks questions, analyses the individual's answers and using complex clinical algorithms stratifies individual risk and signposts to relevant targeted online content.

Step 2

Trium[®] helps our physiologists and doctors recommend targeted modules based on level of risk which the individual can accept or revise their selections.

Step 3

Trium[®] can be complemented by a face-to-face or online appointment with a doctor or physiologist to resolve any 'unknowns' and recommend the next steps.



PATH.

Taking the right steps.

PATH is a personal journey to better understanding, improving and maintaining health and wellbeing.

Inclusive in scope but individual in nature, PATH is completely flexible and designed to suit everyone at all levels of any business and workforce. This means it's also an easy fit with any corporate benefits provision or strategy. Together, the combination of human expertise and innovative artificial intelligence drive the decisions that make PATH uniquely effective.

Our Trium® technology provides each employee – along with our doctors and physiologists – an accurate picture of what makes them tick.

It's one thing to know what your employees should do, it's another to make it easy to do. To be user friendly, flexible, affordable and wide ranging, PATH is organised into packages called Life and Pro. Both contain a range of modules, the combination of which puts Trium® data – once it has been reviewed and analysed by our experts – into action.



The journey starts here...

Step 1

Engagement and onboarding

The initial engagement, promotional activity and onboarding of each employee is vital to the success of the programme. Key focus is on accessibility and enabling as many employees to access, regardless of location.

Step 2

Trium® health risk analysis

Trium® allows employees to complete their health risk analysis online in a safe, secure environment. The clinical algorithms behind the system enable us to stratify individual risk, and signpost individuals to further content, information and services whilst creating their own individual health assessment.

Step 3

Telephone support and booking

We can ensure that each employee will be able to seek clarification and have confidence that the selected modules are right for them via a telephone guidance and booking system.

Step 4

Health assessment delivery

An employee has the choice of either a face-to-face or online health assessment following the recommendations provided from their completed health risk analysis, which will be more personalised and tailored to them than ever before.

Step 5

Follow up, coaching and support

The provision of follow-up resource and pathways empowers employees to have an ongoing journey beyond the actual health assessment delivery. This enables the successful embedding of action plans to drive behavioural change and improve health and wellbeing.



Packages

Where our packages include in clinic blood samples we will also carry out COVID-19 antibody testing.

Life

Coaching and lifestyle guidance – these are the light touch and practical options for employees to refresh their lifestyle.

	Trium®	Health dashboard	Digital content	Physical measurements	Finger prick blood analysis	Full blood analysis	Physical examination	Physiologist modules (30 mins)	Doctor modules (30 mins)	Follow up coaching (15 mins)	Total duration of session (mins)
Life 1	✓	✓	✓	–	–	–	–	–	–	–	–
Life 2	✓	✓	✓	✓	✓	–	–	–	–	x2	30
Life 3	✓	✓	✓	✓	✓	–	–	x1	–	x2	60
Life 4	✓	✓	✓	✓	–	✓	–	x1	*	x2	60

Pro

Offering clinical focus with doctor and physiologist led consultations with a deeper, clearer view for an employee's health meaning more enhanced change to their life.

	Trium®	Health dashboard	Digital content	Physical measurements	Finger prick blood analysis	Full blood analysis	Physical examination	Physiologist modules (30 mins)	Doctor modules (30 mins)	Follow up coaching (15 mins)	Total duration of session (mins)
Pro 1	✓	✓	✓	✓	–	✓	✓	–	x2	x2	60
Pro 2	✓	✓	✓	✓	–	✓	✓	–	x2	x2	90
Pro 3	✓	✓	✓	✓	–	✓	✓	x2	x2	x2	120
Pro 4	✓	✓	✓	✓	–	✓	✓	x3	x2	x2	150

* Doctor review of blood profile conducted remotely.

Modules

Trium® helps our physiologists and doctors recommend the modules that will benefit the individual the most and explains how they'll help them.

They can choose alternative modules if there is a specific area of their health that interests them.

Physiologist modules

Cancer risk reduction



This module includes time spent with a physiologist in which lifetime risk of breast, bowel or lung cancer is estimated based on an individual's lifestyle habits and other known risk factors. Our physiologist will work with the employee to create a personalised action plan to improve their lifestyle and reduce their future risk by focusing on modifiable risk factors.

Diabetes prevention



Stress and resilience management



We all feel stress from time-to-time, however, the volume, frequency and how we manage this stress is key to our health and wellbeing. During the health assessment, and using data from Trium®, we will assess the individual's psychological stress levels and then using cutting edge technology, we will measure physiological response to stressors. We then discuss how this affects our resilience and cognitive function. Using a uniquely designed workbook, which the employee will take away with them, the physiologist will help them to explore techniques to improve their response to stress as well as understand methods to help enhance their emotional wellbeing.

Fitness



Healthy weight loss



Back and posture health



Back pain is very common and is estimated to affect up to 7 out of 10 of us at some point in our lifetime. We will assess the employee's posture and help them make proactive changes to their work, home and exercise routine - optimising their posture and strengthening their core in order to reduce the risk of future back pain. This module is not recommended for those currently experiencing back pain.

Energy and sleep health



Lifestyle management for healthy hearts



Doctor modules

Bone health



Sexually transmitted infection screen



Bowel cancer screen



Alcohol review



General health and blood checks



A comprehensive blood test looks at cholesterol, sugar levels, liver and kidney function. A full blood count ensures red cells are at a healthy level and white cells are behaving normally. A doctor will perform a full examination which will include male and female and age appropriate tests and checks, including prostate exam, smear and HPV tests.

Our in clinic blood samples also test for COVID-19 antibodies.

Sexual function



Doctor and physiologist modules

Cardiovascular performance



To help assess an individual's risk of heart disease development, this module includes a full cardiovascular risk assessment by a doctor, which will include a resting ECG and an exercise-based assessment.

Routine heart check



Making a healthy return on investment

PATH is a genuinely personalised health journey that your employees can – and should – take for improved wellbeing.

Through mixing clinical algorithms, modules and follow-up packages, it targets the real health and lifestyle concerns of every individual user – more than the one-size-fits-all approach that most traditional health assessment programmes take.

And by doing so, PATH makes maximum use of your wellbeing budget. The flexibility it offers users, by targeting their module content depending on need, also means there is no wasted time or investment, just maximum ROI.

Upfront set-up costs and entry-level positions for whole of workforce access have been kept to a minimum, giving everyone in your business support and the opportunity to start their journey for minimal investment. Clearly putting the user at the centre of what it does and targeting the highest risk factors, PATH will assist in reducing absenteeism, improving presenteeism and raising morale and the addition of continuous coaching ensures sustained change. At the same time, it underlines your position as an attractive and caring employer, interested in the welfare of your staff.

Designed to be relevant to everyone, PATH genuinely helps individuals assess, understand and protect their crucial business assets – their health and happiness.



Management information

Providing relevant, timely and insightful management information on the health and wellbeing of your workforce has always been an important part of any wellbeing programme. PATH enables this to be taken further than ever before.

Providing data on all aspects of your employees' journey through PATH, not only will insight be provided on the clinical outputs of any face-to-face health assessments, there is a greater ability to provide insight into whole of workforce through the inputs to Trium® and on any follow-up, coaching and support put in place.

As well as a full suite of data, your business will benefit from an executive summary that encapsulates and highlights key organisational risks, presents trending information which can be cut by geography, business division or demographic, and – most importantly – provides clinical and business interpretation to help shape, evolve and implement future wellbeing programmes.

