

## Key body measurements

Every PATH assessment will begin with a doctor or physiologist completing and explaining the below measurements:

- ◆ Height, weight and body mass index
- ◆ Body fat percentage\*\*
- ◆ Blood sample\*
  - Glucose
  - Cholesterol profile
  - Haematology
- ◆ Waist circumference
- ◆ Blood pressure
- Liver and kidney function
- HbA1c if clinically indicated.
- ◆ Urinalysis

\*Life 2 and 3 core modules only deliver finger prick measurements of HbA1c and cholesterol profile. Life 4 and Pro 1-4 products are full blood samples.  
 \*\*Not available as part of Pro 1.

## Physiologist modules

### Posture and movement health

Musculoskeletal conditions are the leading cause of pain and disability in the UK, and a major cause of workplace absence and productivity loss. The quality and range of your movement can influence your susceptibility to experiencing and living with pain. During your assessment your health and wellbeing physiologist will perform a functional movement screening. This will assess your mobility, stability and strength, to help you to make proactive changes to your work, home and exercise routines to optimise your movement and reduce your risk of future pain and injury. This module is not recommended for those currently experiencing muscle and joint pain. If you are in pain then physiotherapy would be more appropriate in this instance. For more information on physiotherapy please visit [nuffieldhealth.com/physiotherapy](http://nuffieldhealth.com/physiotherapy).

### Lifestyle management for healthy hearts

A healthy heart is essential for your overall health, and this depends a lot on the way you live. Regular exercise and healthy eating are significant factors in combating high blood pressure and high cholesterol, both of which can contribute to heart disease. This module includes a health and lifestyle analysis – including a review of nutrition and exercise habits – blood pressure, blood glucose, cholesterol profile and a heart disease prevention action plan following tailored lifestyle coaching with a physiologist. Using the measurements collected during your assessment, and information from Trium®, we will assess your risk of having a cardiovascular event in the next 10 years using a clinically validated tool.

### 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 your psychological stress levels and then using cutting edge technology, we will measure your physiological response to stressors and cognitive capacity. Using a uniquely designed workbook, which you will take away with you, your physiologist will help you to explore techniques to help you respond better during stressful situations to improve your emotional wellbeing.

### Healthy weight loss

With a plethora of weight loss advice available, our physiologist will guide you through the evidence to let you know what really works using our uniquely designed weight loss guide. Using this personalised guide, which you will be provided a copy of, your physiologist will help you set realistic goals, understand how to manage sustainable behaviour change and advise you on correct calorie consumption and activity levels. You will also be offered a number of healthy meal suggestions to support your journey.

### Fitness

Fitness is a leading predictor of health, with poor cardiorespiratory fitness increasing the risk of various diseases. This module will provide you with your fitness level, fitness age and heart rate training zones. You will have a coaching session with your physiologist who will use this information to help to structure your exercise sessions and enhance your fitness levels. They will also help you identify any changes you need to make to your diet, exercise levels and lifestyle to maximise your fitness.

### Cancer risk reduction

This module includes time spent with a physiologist in which your lifetime risk of breast, bowel or lung cancer is estimated based on your lifestyle habits and other known risk factors. Our physiologist will work with you to create a personalised action plan to improve your lifestyle and reduce your future risk by focusing on modifiable risk factors. This module is not suitable for those who have already been diagnosed with cancer.

### Diabetes prevention

Over half a million people in the UK have diabetes without knowing it. We will look for risk factors by measuring your key blood markers and analysing your urine. Using the measures collected during your assessment, and information from Trium®, we will assess your risk of developing diabetes in the next 10 years using a clinically validated tool. Our clinicians will then discuss your results and help you manage your blood sugar levels through exercise, nutrition and other lifestyle changes to reduce your risk of developing diabetes in the future.

### Energy and sleep health

This module reviews daily sleep and energy patterns, sleep hygiene, nutrition and lifestyle factors to understand where energy is being depleted and where it can be naturally improved. Using personalised coaching with your physiologist this module is ideal for those looking to optimise performance and find more energy throughout the day.

## Doctor modules

### Bone health

For those at an increased risk of bone fracture, this module offers a comprehensive risk assessment, additional blood tests, and detailed management advice from a doctor with additional signposting to other services if clinically indicated.

### Alcohol review

This module affords dedicated time with a doctor to discuss any concerns related to alcohol consumption along with guidance if this is an area of concern for you.

### General health and blood checks

A comprehensive blood test measures 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.

### Sexually transmitted infection screen

Specifically for non-symptomatic individuals, this module includes a non-invasive genital sample, as well as blood test to screen for sexually transmitted infections.

### Bowel cancer screen

This module is designed to offer non invasive colorectal cancer screening to those individuals whose age, risk factors or family history place them at an increased risk.

## Advanced modules

Doctor and physiologist led modules available as part of Pro 3 and Pro 4 packages.

### Routine heart check

A healthy heart is essential for overall health and this depends on how people live their lives. This module includes a resting ECG and a consultation with a doctor to help reveal any concerns, discuss results, and assess how regular exercise and healthy eating can combat high blood pressure and high cholesterol, both of which can contribute to heart disease.

### 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. Only available in the Pro 4 package.

To discover more about your PATH journey, contact your HR team or:

Visit [nuffieldhealth.com/PATH](http://nuffieldhealth.com/PATH)

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