


 nuffieldhealth.com/PATH

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Taking the right PATH

Your Personalised
Assessment for
Tailored Health

Taking the right PATH.

PATH is the unique new way of assessing, improving and maintaining what you value most: your health.

Standing for **P**ersonalised **A**ssessment for **T**ailored **H**ealth, PATH uses our exclusive Trium technology to analyse your individual health and wellbeing.

Designed to be inclusive in scope but individual in nature, PATH is dedicated to knowing more about you.

The more it knows, the more it can help by recommending the exact and often simple steps you can take to become a better version of you.

Trium

Understanding the real picture

Underpinning everything PATH does is our sophisticated clinical brain – the Trium technology platform.

Using carefully constructed questions, Trium's clinical algorithms thrive on gathering real information about your health, wellbeing, lifestyle and fitness.

The result is an incredibly accurate, personal and individual picture of what makes you tick. And – maybe more to the point – what you should start doing, what you should do more of and what you shouldn't be doing at all.



Trium.

Smart questions and honest answers.

Objective not judgemental, the more open and honest you are with Trium, the better the advice you get and the outcome you'll ultimately have.

Here's how Trium works

Step 1.

Trium asks questions, analyses your answers, and using complex clinical algorithms, calculates your individual risk and status. These are the 'knowns'.

Step 2.

Trium selects the right modules based on what it knows about you and the level of risk. You can always accept or revise these choices.

Step 3.

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

PATH and Trium

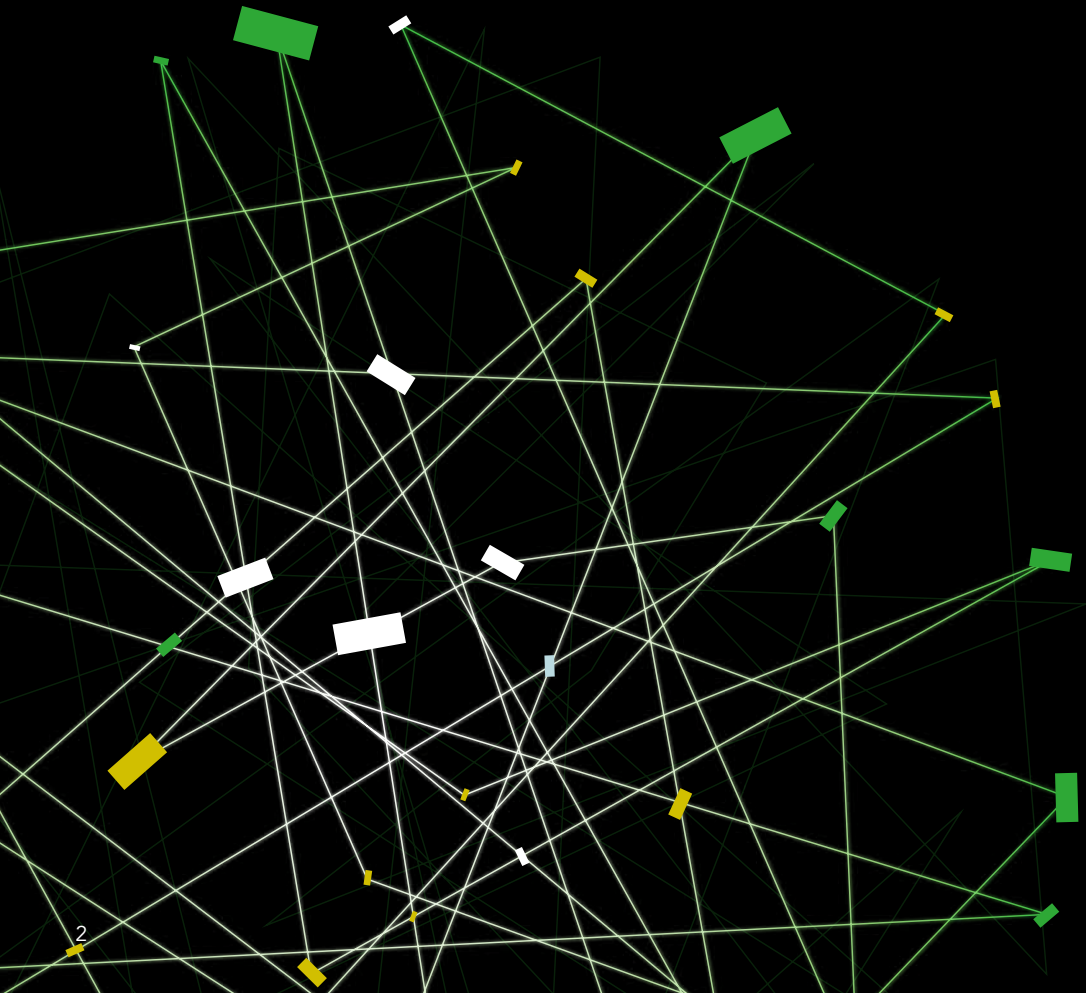
The flexibility to change direction

Knowing what to do is one thing. Always making it easy is another, which is why PATH is a best of both worlds. Trium's clinical outputs and the experience and expertise of Nuffield Health's doctors, physiologists and clinicians.

We've organised PATH into a flexible and simple mix of modules.

So there is always an option, a choice and an answer.

And because your health and wellbeing doesn't stand still, it's a mix that moves with you as your needs evolve.

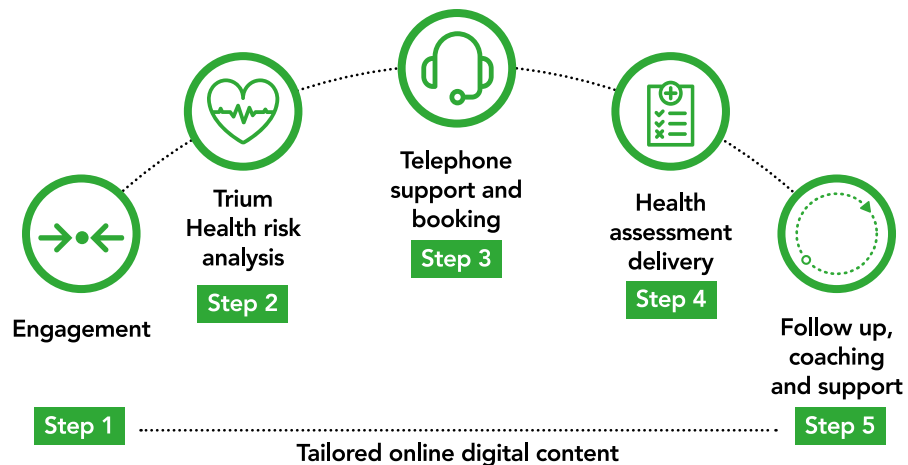


Taking the right steps start here.

Although the destination will be as flexible and individual as you are. The PATH journey is a series of distinct steps.

Of course, we're with you from the start. So as soon as you open your individual account you have access to vast amounts of relevant, helpful and informative digital content on www.nuffieldhealth.com/article

Equipped with that support, here's what you'll find on your journey.



Here's what you'll find on your journey.

Step 1

Engagement

You will be invited to an event to find out more about how you can begin your tailored health programme.

Step 2

Trium health risk analysis

Your health and wellbeing is personal and private. So all Trium online analysis happens in a safe, secure and private environment.

The clinical algorithms behind the system enable us to stratify individual risk, as well as direct you to more useful online content, information and services.

Trium will then create your individual health assessment and recommend the modules that are best suited for you.

Step 3

Telephone support and booking

Your opportunity to talk, share, reflect and question by talking to our specialist team in our dedicated contact centre. At this stage we want you to be as clear as possible about your risk analysis as well as the modules Trium has chosen for you.

Of course, you can accept the recommendations or reject and make your own module choices. But, however well-informed you are, we'd say Trium really does know best.

Step 4

Health assessment delivery

You'll have a face-to-face health assessment following the recommendations from your completed health risk analysis.

This ensures the selected journey will be totally personalised with the bespoke modules tailored exactly to your needs.

Step 5

Follow up coaching and support

Once your journey has started, we believe you need companions. So we provide follow-up coaching and support to help you make the changes and instil the good habits for a healthier and happier life.

What to expect on your journey.

Trium selects the best modules for you based on the highlighted risk factors that your personal health risk analysis found. Your bespoke module mix is then delivered on your health assessment.

Do I need clinical time, physiologist time, or both? Are you looking for lifestyle and fitness advice and coaching?

Whatever your needs, the tailored combination of the packages and modules are your individual PATH. It's your journey to a better self.

Packages

Life

Coaching and lifestyle guidance – these are the light touch and practical options you need to refresh your lifestyle.

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

Pro

Offering clinical focus with doctor and physiologist led consultations, this is a deeper, clearer view of your health and usually a bigger change to your life.

	Trium	Health dashboard	Digital content	Biometric screening	Finger prick blood analysis	Full blood analysis	Physical examination	Physiologist module (30 mins)	Doctor modules (30 mins)	Follow up coaching (15 mins)	Total duration of session (mins)
Pro 1	✓	✓	✓	✓	—	✓	✓	—	x2	x2	60
Pro 2	✓	✓	✓	✓	—	✓	✓	x1	x2	x2	90
Pro 3	✓	✓	✓	✓	—	✓	✓	x2	x2	x2	120
Pro 4	✓	✓	✓	✓	—	✓	✓	x3	x2	x2	150

* Doctor review of blood profile conducted remotely.

With you all the way.









Trium always selects the best mix of modules to benefit you most and tackle the things your health assessment highlighted.

In consultation with our team, you can choose alternative modules from the mix. Especially if there are specific health or fitness topics you want to work on, or that especially interest you.







As your needs, condition or circumstances change, PATH also has the capacity to adjust and refine your journey. So we'd recommend you take another health assessment so Trium can see what's changed, what's improved and what still needs work. Making sure you change direction to somewhere more effective and rewarding.





Physiologist modules

-  Back and posture health
-  Cancer risk reduction
-  Diabetes prevention
-  Energy and sleep health
-  Fitness
-  Healthy weight loss
-  Lifestyle management for healthy hearts
-  Stress and resilience management

Doctor modules

-  Alcohol review
-  Bone health
-  Bowel cancer screen
-  General health and blood checks
-  Sexual function
-  Sexually transmitted infection screen

Doctor and physiologist modules

-  Cardiovascular performance
-  Routine heart check

We're with you on the PATH.

Your health, your fitness, your equilibrium with life. Everything to do with how we are and how we feel is deeply personal. Any decisions about them are potentially worrying and often complex.

That's why we are always here to help and support you along your individual PATH.

We provide telephone support where you can book your assessment with one of our expert booking team, ensuring everything runs smoothly.

As PATH uniquely involves sophisticated digital technology and algorithms, as well as human experience and understanding, assessments are delivered by trained physiologists and followed up with two 15 minute calls. One call is within three weeks of your assessment, the second call, around 12 weeks after your assessment.

These structured ten minute follow-up telephone coaching sessions, with a motivational interviewing framework, are designed to elicit behaviour change and reinforce positive actions made since the health assessment. Our specially trained Health and Wellbeing Physiologists will use this NICE backed behaviour change technique to help you get the most from your assessment and improve your health.



It starts with you

Whatever business you're in, whatever role you have within a company or organisation, the real value you offer and the difference you make – is you. Which makes it time to invest in yourself and tread a PATH that enhances your health and wellbeing. That enhances you.

To discover more about yourself on the PATH, contact your HR team or visit **nuffieldhealth.com/PATH**

