

What is it?

Delivered by a health and wellbeing physiologist, this assessment will tell you about your current health status and risks. If any of your results are determined 'high risk', we will help to support you in setting personal goals and realistic action plans.

	Trium®	Health dashboard	Digital content	Key body measurements (30 minutes)	Finger prick blood test	Full blood test	Physical examination	Physiologist modules (30 minutes)	Doctor modules (30 minutes)	Total duration of health assessment (mins)	Follow up coaching (15 minutes)
Life 2	✓	✓	✓	✓	✓	—	—	—	—	30	x2

Trium®

Our sophisticated clinical 'brain', Trium® uses evidence-based clinical algorithms to tell you about your health. By answering a set of simple health questions, you'll be able to understand your current health status and lifetime risk of non communicable diseases.

My health assessment

This face-to-face assessment will focus on key measures which are essential for long-term health:

- ◆ Body mass index
- ◆ Waist circumference
- ◆ Blood pressure
- ◆ Urinalysis
- ◆ Cholesterol profile
- ◆ Body fat percentage
- ◆ HbA1c.

Next steps

Using your key health measurements, the data from Trium® and the personalised face-to-face assessment, your health and wellbeing physiologist will guide you in setting personal goals and realistic action plans. This will enable you to take control and manage your health and wellbeing.

My health: what next?

At Nuffield Health, we're with you for the journey. So, once your assessment has been completed, it's a good idea to revisit Trium® and update your profile, see your results and understand how your actions have impacted your health.



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