

What is it?

This assessment will provide you with the opportunity to understand your key health measurements, focus on health behaviours and set a personalised, realistic action plan. A chosen lifestyle module can be taken to ensure this assessment is truly built around you.

	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) optional
Life 3	✓	✓	✓	✓	✓	—	—	x1	—	60	x2

Trium®

This digital experience will provide you with an all-round view of your health, including the key elements of your wellbeing and lifestyle. Using Trium® will recommend which lifestyle health module best fits your specific needs. Remember, this experience is about you – so if you wanted to explore a different module, you're able to choose one more specific to your needs at this point.

Key health measurements

Your health and wellbeing physiologist will both identify and help you understand your results, looking at the following key factors:

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

Physiologist health module

Your selected physiologist module will help provide you with greater understanding of your chosen health area. Using expert coaching and advice, your physiologist will provide you with an achievable action plan to ensure you can make positive health changes.

Modules include: posture and movement health, diabetes prevention, energy and sleep health, fitness, healthy weight loss, lifestyle management for healthy hearts, stress and resilience management.

My health: what next?

Your health and wellbeing physiologist will write a bespoke tailored report, which will contain discussions, advice, guidance and your planned steps. Remember – at Nuffield Health, we're with you for the journey, so why not revisit Trium® when you achieve your set goals to see how your actions have impacted your health.

