

### What is it?

The Pro 4 assessment combines your personal digital health hub, the flexible choice of two doctor modules, two physiology modules and full blood analysis, for the most detailed and supportive health assessment we offer.

	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)
Pro 4	✓	✓	✓	✓	—	✓	✓*	x2	x2	150	x2

\*Only if 'General health and blood checks' doctor module chosen.

#### Trium®

This digital experience will provide you with a personal health hub, giving you all the elements of your health and wellbeing as well as the ability to make amendments should things change. After analysis of your current health status, Trium® will recommend a health module which best suits your needs. Remember, this experience is about you – so you can still choose a different module at this point.

#### My physiology time

The extended time with a health and wellbeing physiologist will supplement your key body measurements with two modules that focus on future health risk mitigation. Your selected modules will look more closely into areas such as cardiovascular performance, routine heart check, diabetes prevention and stress and resilience management – providing you with a greater understanding of your health.

#### My doctor time

Your option of two doctor modules cover the complete range of the healthcare spectrum – and it's this flexibility and choice that allows us to be specialists in you and provide a detailed, multi-practitioner approach. You may want an overall health examination to give you true peace of mind; in this case, the general health and blood checks module might suit your needs. Or, if you want to focus on something in particular, our wide range of bespoke health modules will help.

### My health: what next?

Your health and wellbeing physiologist and doctor will write a bespoke tailored report, which will contain discussions, advice, guidance and your planned steps. The doctor will also help manage the next steps, should abnormal results be identified. 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 health picture changes?



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