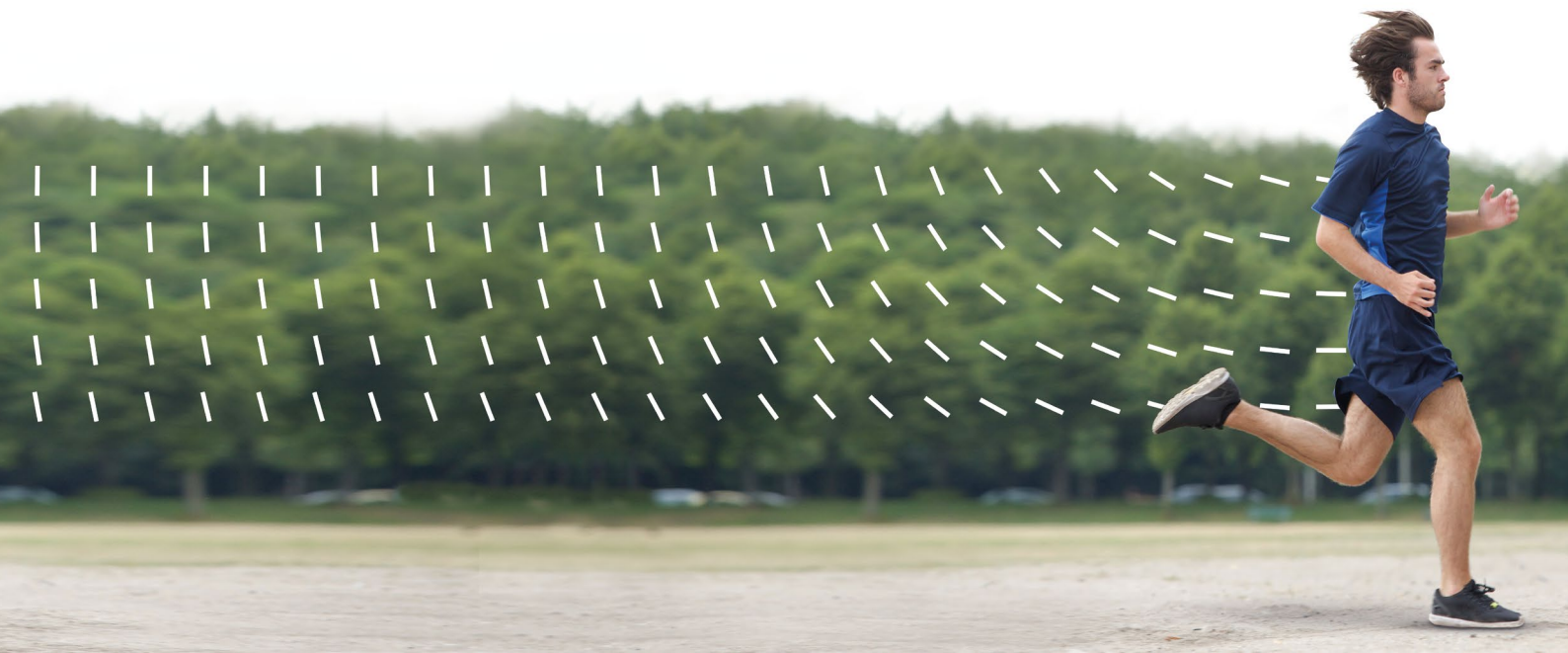


# PATH

Personalised Assessment  
for Tailored Health

FREQUENTLY ASKED QUESTIONS



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# Getting started

## How long will the assessment take?

This is dependent on the health assessment you have chosen; but the minimum amount of time would be 30 minutes, whilst the longest would be two-and-a-half hours. Please see the 'health assessment overview' section for further detail on each assessment type.

## I don't want to have some of the tests, can I decline them?

Yes – the clinician who carries out your health assessment will explain each test as they go. If you do not want to have the test, you can decline it.

## Are there any age restrictions for having a health assessment?

There is a minimum age restriction of 18 years old. We cannot perform health assessments on anyone under 18 years of age. There is no upper age limit. Some of our sites also do not allow under 18s on the premises, so please check with us if you are planning on bringing someone under the age of 18 with you to your assessment.

## Can I choose to have a male or female physiologist/doctor?

You may request a specific gender for your doctor, and we will do our best to accommodate based on staffing and location. Unfortunately, we are not able to accommodate these requests for physiologists.

## I have not received my confirmation pack.

Please telephone **0300 131 1550** or email **bookings@nuffieldhealth.com** and a confirmation pack will be resent.

## What is my client reference number and where can I find it?

Your client ID number will be provided to you when you book your health assessment and will also be included on your booking confirmation details.

## I want to cancel my appointment/change an appointment.

If you need to rearrange or cancel your appointment, please telephone **0300 131 1550** or email **bookings@nuffieldhealth.com**. Our team will be pleased to help.

## Will I get charged if I cancel my appointment?

Unfortunately, if you cancel with less than three full working days' notice (including the day of your appointment), 50% of the fee will be charged. So to cancel or rearrange a 2pm appointment on a Tuesday, you'll need to call before 2pm on the preceding Thursday. The full fee will be charged if you fail to attend or arrive very late without letting us know in advance.



# Module overview

## What modules are available for me to choose?

The physiology modules involve assessing behaviours and problems that can be generally improved by lifestyle changes. The modules provided include:

- ♦ Posture and movement health
- ♦ Cancer risk reduction
- ♦ Diabetes prevention
- ♦ Energy and sleep health
- ♦ Fitness
- ♦ Healthy weight loss
- ♦ Lifestyle management for healthy hearts
- ♦ Stress and resilience management.

The doctor modules involve screening for problems that usually require medical intervention, including drugs or surgery, and referral to a consultant, in addition to lifestyle improvements. The modules provided include:

- ♦ Alcohol review
- ♦ Bone health
- ♦ Bowel cancer screen
- ♦ General health and blood checks
- ♦ Sexual function
- ♦ Sexually transmitted infection screen
- ♦ Routine heart check (only available for Pro 2 to Pro 4 appointments).

The following module is a combined physiologist and doctor module:

- ♦ Cardiovascular performance (only available for Pro 4 appointments).



# Preparing for your assessment

## What should I wear?

It is advised that you wear comfortable and flexible clothing (loose top/tracksuit/shorts) and trainers as depending on your selected module you may be required to complete some form of exercise. You'll be able to use our changing facilities if needed, and in most locations shower facilities with fresh towels and toiletries are available.

## What happens if I do not complete the questions on the online portal?

We strongly encourage you to complete the online health risk analysis, Trium®, otherwise we won't be able to provide the same depth of analysis on certain areas of your lifestyle and the impact this will have on disease risk. If the health risk analysis is not completed, you may be asked to complete a paper-based questionnaire during the assessment in order to provide detailed feedback on clinically significant areas such as medical history, family history and lifestyle. This will reduce the time available with the clinicians.

## Can I bring someone with me to my assessment?

Yes – but space is limited and some of the questions and examinations can be intimate. You will need to consent to that person being privy to your results. Some of our sites do not allow under 18s on the premises so please check with us first if you are planning on bringing someone under the age of 18 with you to your assessment.

## How long must I not eat for – can I have tea/coffee etc?

As long as you are not diabetic, you should not have anything to eat or drink other than water for 8–10 hours prior to your health assessment. It is advisable to continue to drink water as normal, as staying well hydrated will help you feel more comfortable, can facilitate many of the tests, and will ensure your blood results are as accurate as possible. If you are diabetic, please continue to eat and drink as normal. If you are pregnant, only fast if you are comfortable to do so and if there are no medical concerns in your pregnancy.

## Do I need to print the answers I provided to the questions on the online portal?

No, if you've completed Trium®, our online health risk analysis, it will automatically be available to your screening clinicians at your assessment.

## Can I exercise/smoke/take a long-haul flight/drink/give blood before my assessment?

- We advise not to exercise 12-24 hours before the health assessment if possible. Exercise may affect the results of the urine analysis, body composition and blood pressure measurements. Men eligible for a Prostate Specific Antigen (PSA) test should not exercise for 48 hours prior to the health assessment (see relevant section on PSA).
- If you usually smoke, you can continue to do so.
- We advise you not to take a long-haul flight, as many of your tests may be affected for 48 hours after the flight.
- Drinking water prior to the health assessment can make it easier to accurately assess urine and blood samples, as well as blood pressure measures.
- We recommend waiting at least 12 weeks after giving blood before having a health assessment.

## I am pregnant – can I still have an assessment?

Yes, our health assessments are more than just "know your numbers". Many of your health metrics are likely to be different than usual during your pregnancy. However, our clinicians will be able to advise you on lifestyle considerations in order to optimise your wellbeing during your pregnancy and beyond.

## My health assessment includes a Prostate Specific Antigen (PSA) blood test. Is there anything I need to do to prepare for this?

If you are a male over the age of 50, your health assessment may include a PSA blood test. A number of factors can affect the results of this test. It is important you read this information leaflet detailing the practicalities involved in PSA testing: click [HERE](#)

Your PSA blood test may need to be rescheduled if this guidance is not adhered to (all other health assessment blood tests can take place).



# Managing your expectations

## Can I request additional blood tests during my assessment?

If you wish to add on additional blood tests, please discuss these with your doctor who will be able to advise on clinical appropriateness. Any additional tests will come at an extra cost.

## How soon will I get my results?

Most of the test results will be available during your assessment and your clinical team will discuss these with you. Tests that will need to be sent away for further analysis, such as cervical smears and certain blood tests, will not be analysed in time to be discussed during the time of the assessment. These additional results are relayed within the report, unless a result requires your attention for a follow up, in which case you will be contacted by a health assessment doctor. A full results report, along with recommendations and additional advice will be available on your personal Trium® page within two weeks.

## Will I have a mammogram as part of my assessment?

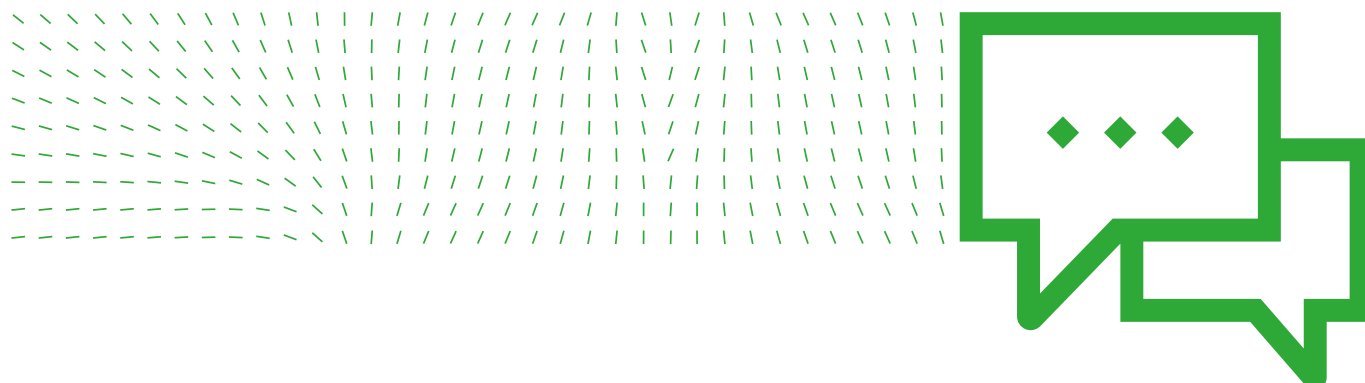
Mammograms are offered to females aged 40 and over (depending on their risk and eligibility), who have not had a mammogram within the last 12 months. Please be advised your mammogram appointment may take place at a different location to your health assessment.

## Will I get a bowel cancer screen as part of my assessment?

Bowel cancer screening is available to clients who select the bowel cancer module, but this is dependent on your risk and eligibility. If you are eligible, a kit will be sent to you prior to the assessment, along with instructions for accurate completion. If you wish to discuss the results of this test during the assessment, it must be returned to us in the prepaid envelope five working days prior to your assessment. If received later than this point, the analysis may not be available for discussion during the assessment and your results will be sent to you in your health assessment report. However, you will be contacted by a health assessment doctor if the result requires your attention for follow-up.

## Will I have a smear test as part of my appointment?

If clinically indicated, smear tests are currently offered to females who select the general health and blood checks module. However, in line with UK and international guidelines, a smear test should be done every three to five years, depending on your age, unless there is a clinical need to complete one earlier.



# Physiology modules

## Lifestyle management for healthy hearts



**I am having regular blood pressure reviews under an NHS/private clinician – is it worthwhile for me to select this module?**

This module will not replace your regular reviews but may support improved cardiovascular health by facilitating positive lifestyle changes.

## Energy and sleep health



**I have been diagnosed with a sleep-related condition, and have regular reviews under an NHS/private clinician – is it worthwhile for me to select this module?**

This module will not replace your regular reviews as it is designed to improve sleep hygiene, not to treat diagnosed sleep conditions. However, it may complement your existing sleep health strategies by facilitating positive lifestyle changes.

## Diabetes prevention



**I am a diagnosed diabetic, and have regular reviews under an NHS/private clinician – am I able to select this module?**

This module will not replace your regular reviews but may support improved metabolic health by facilitating positive lifestyle changes.

## Stress and resilience management



**I have been diagnosed with stress/I am on medication for stress – is it worthwhile for me to select this module?**

This module will not replace any regular reviews you may have but could help to improve your resilience by facilitating positive lifestyle changes. Please note that certain medications, such as beta-blockers, are a contraindication to the resilience to stressors test that is performed as part of the module due to their influence on your heart rate.

**I have been diagnosed with depression/I am on medication for depression – is it worthwhile for me to select this module?**

This module is not recommended if you are suffering from depression or if you are taking anti-depressants. If you would like to discuss depression, you may benefit from talking to one of our trained therapists.

Please click [\*\*HERE\*\*](#) for more information.





## Cancer risk reduction



**I have been diagnosed with cancer/have had cancer in the past – is it worthwhile for me to select this module?**

This module is not recommended if you have had cancer as Trium® will be unable to estimate a future cancer risk, and the lifestyle advice given is focused on cancer risk mitigation.

## Fitness



**Can I complete the fitness module regardless of my medical history?**

Please note that some contraindications exist for fitness testing. These are based on your previous medical history, particularly your cardiovascular health, current medications and some parameters measured at the time of your assessment, such as your blood pressure.

For a full list of contraindications, please click [\*\*HERE\*\*](#)

## Healthy weight loss



**Do I have to be a certain weight/BMI to benefit from choosing the healthy weight loss module?**

This module is mainly designed for those with a BMI of 23–35 kg/m<sup>2</sup>. If your BMI is greater than 35kg/m<sup>2</sup>, you may find greater benefit from a weight loss journey with more frequent touch-points which could include involving other health, fitness and wellbeing professionals such as personal trainers.

Please click [\*\*HERE\*\*](#) for more information.

## Posture and movement health



**I currently suffer from back pain, should I choose this module?**

This module is not recommended if you suffer from acute back pain. Our physiotherapy services may be of greater benefit to you.

Please click [\*\*HERE\*\*](#) for more information.

# Doctor modules



## General health and blood checks

### I have recently had an NHS health check, is it worthwhile for me to select this module?

Yes – this module includes a comprehensive set of blood tests, such as liver and kidney function, glucose and a blood count of white and red cells. You will also have a comprehensive physical examination. The module also gives you the opportunity to discuss any other concerns with a doctor.

## Male specific queries



### Will a prostate examination have to accompany a prostate specific antigen blood test?

All examinations are explained and discussed with clients before they are undertaken. Although the doctor will recommend that the blood test and examination are conducted together, you have the right to opt for one and not the other.

### Do I need to abstain from sexual intercourse prior to completing this module?

Men only need to abstain from sexual intercourse for 48 hours prior to having a PSA blood test. This test is offered to men aged 50 or over (or 45, if clinically indicated). It is important you read this information leaflet detailing the practicalities involved in PSA testing: click [\*\*HERE\*\*](#)

## Female specific queries



### What happens if I cannot have my smear test on the day of the assessment/I get my period?

If your appointment is outside of the three full working days cancellation notice, you can telephone **0300 131 1550** to rearrange your appointment; otherwise we would recommend attending your appointment and your screening clinician can arrange a return visit.

### What is HPV?

Changes in the cells of the cervix are often caused by the human papilloma virus (HPV). There are more than 100 different types of HPV. Some types are high risk and some types are low risk. After a certain age your cervical smear will also be tested for this virus and if this is positive you may need to repeat your smear in 12 months or be referred to a specialist for further tests such as a colposcopy depending on the smear result. If no HPV is found, you'll carry on being routinely screened as normal.

### Will I require HPV testing if I have never had sexual relations with a male?

The HPV infection is passed on with sexual contact, therefore you can contract the virus through other forms of sexual contact such as oral, toys, hands etc. and women who are bisexual or lesbian should also consider having the test.

### I have regular smears under an NHS/private clinician – is it worthwhile for me to select this module?

Yes, as this module also includes a comprehensive blood test and physical examination. A smear test will not be performed outside the regular set guidelines.

### I have had an HPV vaccine – will I still need an HPV test?

Yes, vaccinated women will still need regular cervical cancer screening because the vaccine protects against some but not all HPV types that can cause cervical cancer. The vaccine only protects against the four most commonly occurring types of HPV and there are other types of HPV that can cause changes to the cervix.

## Bone health



**I have a diagnosed bone-related condition (e.g. osteoporosis, osteoarthritis etc.), and have regular reviews under an NHS/private clinician – is it worthwhile for me to select this module?**

This is a risk assessment module for osteoporosis and therefore will not benefit a person who is already monitored for this condition. It is also not an assessment for any form of arthritis.

**Should I avoid any strenuous exercise prior to completing the bone health module?**

There is no need to avoid exercise prior to this module; however for the core measurements that are completed, it is recommended that you avoid completing strenuous exercise at least 12 hours prior to your assessment or 48 hours for males having a PSA blood test.

## Sexually transmitted infection screen



**Are other sexual health tests (such HIV, syphilis, herpes, hepatitis B) included within this module?**

This module will test for chlamydia, gonorrhoea, HIV, hepatitis B and syphilis.

**Do I need to abstain from sexual intercourse prior to completing the health assessment?**

You don't need to abstain from sexual intercourse prior to the assessment, but we normally recommend that the screen is done two weeks after unprotected sexual intercourse, to be certain the results are valid for chlamydia and gonorrhoea. If you have had recent unprotected sexual intercourse, you will be advised to have repeat tests a month later especially for HIV, hepatitis B and syphilis.

**I have just found out that my partner or previous partner has been diagnosed with an STI but the module is not in my recommended list – should I prioritise this over one of my recommended modules? If so, how do I know which to select?**

You can choose any health module that you wish irrespective of the recommended modules. If your partner has an STI, you are advised to visit your local genitourinary medicine (GUM) clinic for testing and immediate treatment if necessary.

**I have recently been to an NHS GUM clinic (or equivalent) but this module is recommended – is it worthwhile for me to select this module?**

Only if you have had unprotected sexual intercourse since the last test.

## Alcohol review



**I am currently seeking specialist advice about my alcohol intake – is it worthwhile for me to select this module?**

No, this module provides you with dedicated time with a doctor to discuss any concerns related to alcohol consumption along with guidance, but as you have already identified the issue, you need specialist support for the management of this.



## Bowel cancer screen



### Will I need to provide stool samples for this module and, if so, what will this involve?

If you are eligible, a kit will be sent to you prior to the assessment, along with instructions for accurate completion. If you wish to discuss the results of this test during the assessment, it must be returned to us in the prepaid envelope five working days prior to your assessment. If received later than this point, the analysis may not be available for discussion during the assessment and your results will be sent to you in your health assessment report. However, you will be contacted by a health assessment doctor if the result requires your attention for follow-up.

### What non-invasive tests are included within this module?

FIT test – if you are eligible a stool sample kit will be sent and tested prior to the health assessment.

### I have a diagnosed bowel-related condition (e.g. Crohn's), and have regular reviews under an NHS/private clinician – is it worthwhile for me to select this module?

No, this module focuses on a risk assessment for bowel cancer and as you are already reviewed and managed by a specialist, you should be receiving advice regarding this.

## Routine heart check



### What is an ECG?

An electrocardiogram (ECG) or 'heart tracing' is a simple test that can be used to check your heart's rhythm and electrical activity. Sensors attached to the skin are used to detect the electrical signals produced by your heart each time it beats. These signals are recorded by a machine and are looked at by a doctor to see if they're unusual.

### I have a diagnosed heart-related condition, and have regular reviews under an NHS/private clinician – is it worthwhile for me to select this module?

If you are under regular review for a previously identified heart condition, this module does not replace it. The additional blood tests and risk assessment might be beneficial, however, to evaluate all the other risk factors that affect heart health.

### What tests are involved in this module other than the resting ECG?

Besides the resting ECG, you will also have physical measurements taken and blood tests for diabetes and lipids that are needed to determine QRisk 3. QRisk 3 is the risk of a cardiovascular event occurring in the next 10 years.

### I have already been identified as being high risk of a heart-related condition, and have regular reviews under an NHS/private clinician – is it worthwhile for me to select this module?

If you have already been identified as a high risk for heart condition, further discussion of risk factors identified in the blood tests or physical examination might help you to reduce the risk, but it will not replace your regular reviews.

## Cardiovascular performance



### Will I have an exercise ECG or an aerobic capacity test?

Whether you have an exercise ECG or aerobic capacity test will be determined based on your cardiovascular risk. Individuals with a low cardiovascular risk may be advised by the health assessment doctor to have an aerobic capacity test to determine their cardiovascular performance, instead of an exercise ECG due to the increased risk of false-positives for low-risk individuals.

Individuals with a high cardiovascular risk are more likely to benefit from an exercise ECG. Suitability for each test will be determined during your health assessment and will include a number of criteria, which will be explained by your health assessment doctor.

Contraindications to exercise testing can be found [\*\*HERE\*\*](#)

# Post assessment

## **I want to check where my report is/I haven't received it yet?**

Please telephone **0300 123 1406** or email **ask@nuffieldhealth.com**. Our team will be pleased to help.

## **What if I discover a problem after my assessment?**

Please telephone **0300 123 1406** or email **ask@nuffieldhealth.com**, and our team can advise you as appropriate.

## **If I need to discuss something within my report, what can I do?**

Please telephone **0300 123 1406** or email **ask@nuffieldhealth.com**. Our team will be pleased to help or pass your details onto your screening clinicians to advise you.

## **Is it possible to speak to the clinicians again or is there an 'after assessment consultation'?**

Please telephone **0300 123 1406** or email **ask@nuffieldhealth.com**. Our team will be pleased to provide you with contact details for your screening clinicians or arrange for them to contact you directly.



# Web portal/IT specific

## I cannot log onto my Nuffield Health account to access Trium®/how do I get online?

The details to register and complete Trium® are included in your invitation email. If you have already registered, log back in online by visiting [nuffieldhealth.com](http://nuffieldhealth.com)

## How do I change my password?

Once you are logged in, you can change your password. Select the top menu item on screen top right (Hi xxxx), select change password and follow the process on screen.

## I have changed contact numbers, how do I update it?

Please telephone **0300 123 1406** or email [ask@nuffieldhealth.com](mailto:ask@nuffieldhealth.com) with your new details.

## I have forgotten my password – what do I do?

Please use the 'forgot your password?' link to reset your password and you will be sent an activation code. If you cannot access your account, please telephone **0300 123 1406** or email [ask@nuffieldhealth.com](mailto:ask@nuffieldhealth.com)

## I want to complete Trium® but cannot register.

To register, please use the link in your invitation or booking email. If you have deleted this email in error, please telephone **0300 123 1406** or email [ask@nuffieldhealth.com](mailto:ask@nuffieldhealth.com) and a new email will be sent to you.

