

PATH

Personalised Assessment for Tailored Health.

PATH is a unique new way of evaluating your health and wellbeing.

Standing for Personalised Assessment for Tailored Health, it offers a differentiated journey using our unique Trium technology to analyse information about your employees' lifestyle, health and wellbeing.

Trium. Thinking ahead.

A sophisticated technology platform, Trium is our unique clinical brain which focuses on bringing together three pillars – health, wellbeing and fitness. Trium recommends targeted health modules based on level of risk which the individual can accept or revise. It provides an incredibly accurate picture of what makes an individual tick, what they should do more of, and what they should stop. The clinical algorithms behind the system enable us to stratify individual risk, and signpost individuals to further content, information and services whilst creating their own individual health assessment.



Modules.

Trium recommends the health modules that will benefit the individual the most and explains how they'll help them. They can choose alternative modules if there is a specific area of their health that interests them.

Physiologist modules

Back and Posture Health	Diabetes Prevention	Fitness	Lifestyle Management for Healthy Hearts
Cancer Risk Reduction	Energy and Sleep Health	Healthy Weight Loss	Stress and Resilience Management

Doctor modules

Alcohol Review	General Health & Blood Checks
Bone Health	Sexual Function
Bowel Cancer Screen	Sexually Transmitted Infection Screen

Doctor & Physiologist modules

Cardiovascular Performance
Routine Heart Checks

Packages.

PATH is organised into two packages to suit your business, 'Life' and 'Pro' focusing on lifestyle or medical factors, or a combination of both. They're flexible, affordable and are tailored to support the wellbeing aims of an organisation.

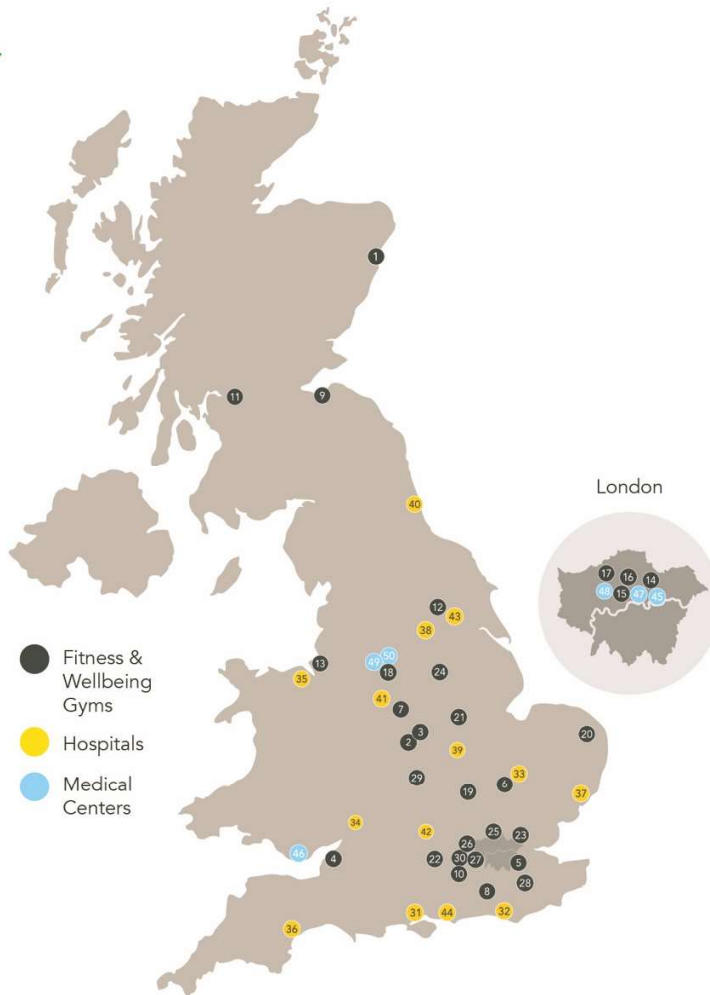
	Trium	Health Dashboard	Digital Content	Biometric Screening	Finger prick blood analysis	Full blood analysis	Physical Examination	Physiologist Module (30 mins)	Doctor Modules (30 mins)	Follow up Coaching (15 mins)	Total duration of session (mins)
Life 1	✓	✓	✓								
Life 2	✓	✓	✓	✓	✓			x1		x2	30
Life 3	✓	✓	✓	✓	✓			x2		x2	60
Life 4	✓	✓	✓	✓		✓		x2	*	x2	60
Pro 1	✓	✓	✓	✓		✓	✓		x2	x2	60
Pro 2	✓	✓	✓	✓		✓	✓	x1	x2	x2	90
Pro 3	✓	✓	✓	✓		✓	✓	x2	x2	x2	120
Pro 4	✓	✓	✓	✓		✓	✓	x2	x2	x2	150

* Doctor review of blood profile conducted remotely.

Our health assessment locations.

Fitness & Wellbeing Clubs.

1. Aberdeen
2. Birmingham Rubery
3. Birmingham Central
4. Bristol
5. Bromley
6. Cambridge
7. Cannock
8. Crawley
9. Edinburgh
10. Farnham
11. Glasgow Central
12. Harrogate
13. Liverpool
14. London - City
15. London - Covent Garden
16. London - Morgate
17. London - Paddington
18. Manchester Printworks
19. Milton Keynes
20. Norwich
21. Nottingham
22. Preston
23. Reading
24. Sheffield
25. St Albans
26. Stoke Poges
27. Surbiton
28. Tunbridge Wells
29. Warwick
30. West Byfleet



- Fitness & Wellbeing Gyms
- Hospitals
- Medical Centres

Hospitals

31. Bournemouth (m)
32. Brentwood (m)
33. Brighton (m)
34. Cambridge (m)
35. Cheltenham (m)
36. Chester (m)
37. Exeter (m)
38. Ipswich (m)

Medical Centres

39. Leeds (m)
40. Leicester (m)
41. Newcastle upon Tyne (m)
42. North Staffordshire (m)
43. Oxford (m)
44. York (m)
45. Wessex (m)
46. Canary Wharf
47. Cardiff (m)
48. London - City
49. London - West End (m)
50. Manchester (m)

PATH Package pricing.

Trium recommends the health modules that will benefit the individual the most and explains how they'll help them. They can choose alternative modules if there is a specific area of their health that interests them.

	Life 1	Life 2	Life 3	Life 4	Pro 1	Pro 2	Pro 3	Pro 4
Retail Price	£25	£149	£249	£299	£399	£499	£599	£729
	£20	£119	£199	£239	£339	£424	£509	£620

Making a healthy return on investment

Through mixing clinical algorithms, modules and follow-up packages, it targets the real health and lifestyle concerns of every individual user – more than the one-size-fits-all approach that most traditional health assessment programmes take. And by doing so, PATH makes maximum use of your wellbeing budget. The flexibility it offers users by targeting their module content depending on need also means there is no wasted time or investment, just maximum ROI.

Management information

As well as a full suite of data, your business will benefit from an executive summary that encapsulates and highlights key organisational risks, presents trending information which can be cut by geography, business division or demographic, and – most importantly – provides clinical and business interpretation to help shape, evolve and implement future wellbeing programmes.

Find out more.

www.nuffieldhealth.com/PATH

Jo Tressler
Head of Employee Benefits

T: +44 (0)116 2819 147 M: +44 (0)7938 816 502

E: jtressler@bhibinsurance.co.uk

Free 10-day membership
at any one of our 111 Fitness & Wellbeing Clubs across the UK