

# Health Assessments

## Helping you find your route to wellbeing

Many of us let our own health slip down our list of priorities. Perhaps we're too busy working hard and looking after our families. Perhaps we've ignored the warning signs, or promised ourselves we'll do better next year. Perhaps we're simply unaware. Whatever the reason, it can be difficult to find your route to wellbeing. An assessment makes it easy for you to see where to focus your efforts, and how even small steps can add up to great strides, making it easier to keep going and aim further.

As part of your healthcare cover, you are entitled to 25% off, on a range of Nuffield Health or Circle Health Group health assessments (terms and conditions apply). For more details about the health assessments available to you including prices, please visit [axahealth.co.uk/sme-health-assessment](https://axahealth.co.uk/sme-health-assessment).



Offering an advanced range of health assessments in the UK. Focusing on today's health and lifestyle issues, Nuffield Health uses the very latest assessment technology.

To book a health assessment and receive your 25% discount, call the Nuffield Health Screening booking line on **01372 664 722**.

**Please state that you are a PHC member.**

To find the nearest Nuffield Health Centre please visit [nuffieldhealth.com/health-assessments](https://nuffieldhealth.com/health-assessments).



Providing you with an excellent opportunity to understand your health. Their GPs and health assessment nurses will review your health and offer practical advice on how you can make changes to help reduce your risk of developing common, but often preventable conditions such as: heart disease, stroke, diabetes and kidney disease.

For Circle Health Group health assessments, please visit [circlehealthgroup.co.uk/healthfirst/health-assessments](https://circlehealthgroup.co.uk/healthfirst/health-assessments).

Or you can call **0800 004 600** quoting 'T57' to receive your discount.

*If any tests or investigations are recommended following a health assessment, the terms and benefits of your plan will apply. You will need to arrange a referral through your GP as we will not accept referrals directly from the health assessment provider.*