

# HEALTH AND WELLBEING PREFERRED PROVIDER ASSESSMENTS

## INTRODUCING THE VITALITY RANGE OF HEALTH AND WELLBEING ASSESSMENTS

We all ensure that our cars are serviced regularly, because we know that prevention is better than cure. However, when it comes to our bodies we rarely bother, even though a car is replaceable and we are not. If we are honest, we all know which should be a higher priority. The importance of taking care of ourselves is ever more prevalent in the fast-paced world we now live in. Nuffield Health has therefore developed a suite of leading-edge health and wellbeing assessments to both motivate and empower attendees to make necessary lifestyle changes in order to lead a healthy, happy, and productive life.

Nuffield Health has searched internationally and has identified the very latest assessment technology to deliver the most advanced and relevant health assessments available today. The assessments address in detail the challenges of contemporary lifestyle such as stress, postural problems, and nutritional intake as well as established health concerns. Nuffield Health delivers a service that is much more than ticking boxes and aims not only to reassure but also to be a catalyst for sustainable change, motivating and empowering people to develop their energy, vitality, and resilience by taking a proactive approach to managing their lifestyle. Nuffield Health offers a new approach and a new experience — one that provides not only peace of mind but also a significant contribution to future health and wellbeing.

## UNIQUE OFFERING TO MERCER MARSH BENEFITS CLIENTS

After attending the assessment and receiving their report, individuals will receive a complimentary 10-day pass to visit their nearest Nuffield Health Fitness & Wellbeing Centre as well as the opportunity to discuss their fitness and lifestyle concerns with a professional fitness expert. Individuals will also have access to preferential rates at their nearest Nuffield Health Fitness & Wellbeing Centre.

## CANCELLATION POLICY

If a client cancels a health assessment appointment with less than three full working days' notice, he or she will incur a 50% charge (fee depends on the health assessment). In the unlikely event that Nuffield Health cancels a client's appointment after 5 pm the day before or on the day of the assessment, Nuffield Health will automatically offer the next available appointment and rebate 50% of the health assessment fee charged.



Mercer Marsh Benefits has negotiated an exclusive preferential rate with Nuffield Health for the provision of health assessments to Mercer Marsh Benefits clients. This arrangement offers our clients access to health assessments at competitive rates, and includes a complimentary 10-day pass to a Nuffield Health Fitness & Wellbeing Centre. Nuffield Health is a charity and a health and wellbeing provider in the UK, offering a range of wellness services.

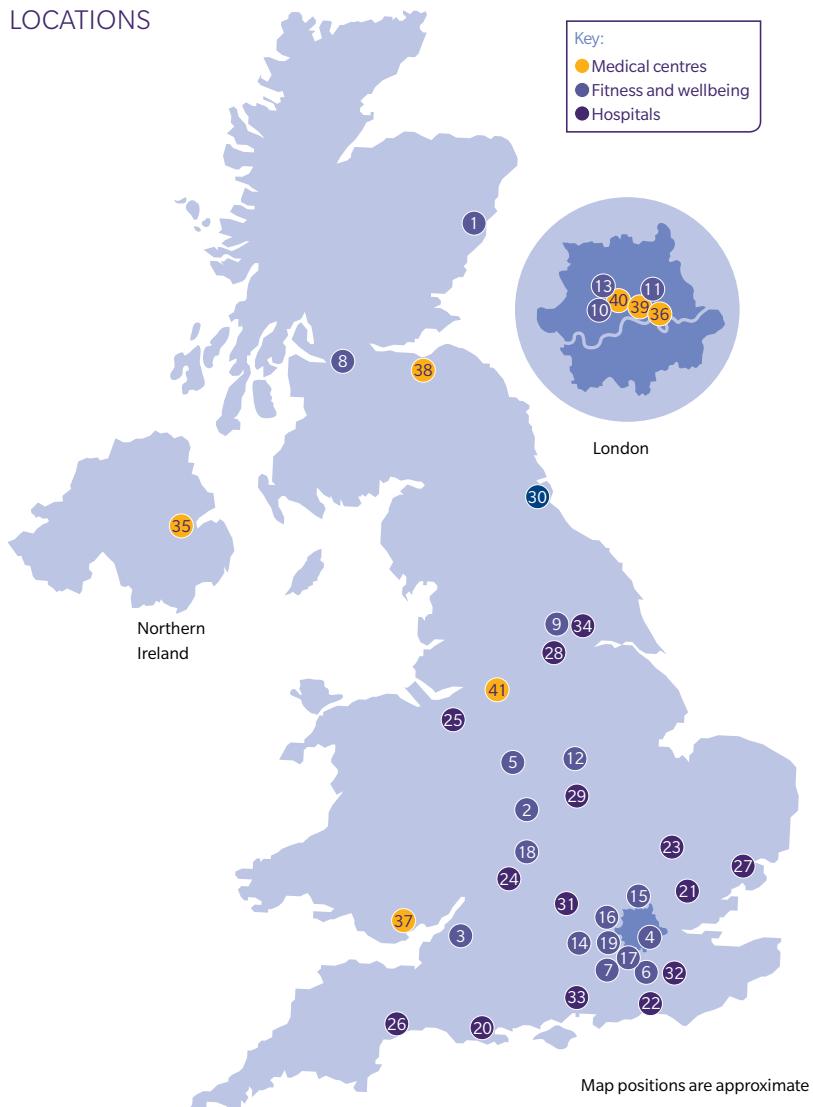
To find out more or arrange a health screen, call us on 08452 302 040, quoting reference number C0534363.

A summary of the assessments available is outlined below — more detailed product sheets are also available.

HEALTH AND WELLBEING ASSESSMENT		DURATION	MERCER MARSH BENEFITS CLIENT RATES*
			UNISEX
Female Health Assessment	Focusing on the specific health needs of female clients, the Female Health Assessment is designed to provide women with a tailored range of tests and a clear picture of their current health status. There is also time with an experienced doctor to discuss health issues or concerns.	1 hour	£228.00
Lifestyle Health Assessment	This assessment, aimed at individuals under the age of 40, looks at how the challenges of modern lifestyles may affect wellbeing. It is delivered by highly trained physiologists who use the very latest technology, some exclusive to Nuffield, to evaluate the individual's current state of health. The Lifestyle Health Assessment gives users the means and motivation for developing their energy, vitality, and resilience to the stresses of modern life.	1 hour	£178.00
360 Health Assessment	This comprehensive health and wellbeing assessment provides access to the full range of health-testing technology provided in the Lifestyle Health Assessment, as well as up to an hour with an experienced doctor to talk through concerns and health issues in detail.	2 hours	£379.00
360+ Health Assessment	This high-specification health and wellbeing assessment comprises comprehensive testing, analysis and consultation. With access to the full range of the latest health-testing technology and ample time with our experienced health professionals, it offers the opportunity to investigate a broad range of health concerns. It includes a dynamic cardiovascular assessment and consultations with both a doctor and a physiologist, who will devise a health and lifestyle management plan.	2.75 hours	£507.37
Mammogram for females over 40 years of age (not available on the Lifestyle Health Assessment).			£75.00

\* These rates apply to clients contracting with Nuffield Health on or after 1 August 2012 and are valid until 31 May 2014. The rates include a 10% commission payable to Mercer Ltd.

Unisex pricing applies to all assessments (excluding mammograms) to make administration easier.

**LOCATIONS**


- |                               |                  |                               |
|-------------------------------|------------------|-------------------------------|
| 1) Aberdeen                   | 15) St Albans    | 30) Newcastle upon Tyne       |
| 2) Birmingham                 | 16) Stoke Poges  | 31) Oxford*                   |
| 3) Bristol                    | 17) Surbiton     | 32) Tunbridge Wells*          |
| 4) Bromley                    | 18) Warwick      | 33) Wessex*                   |
| 5) Cannock                    | 19) West Byfleet | 34) York*                     |
| 6) Crawley                    | 20) Bournemouth* | 35) Belfast*                  |
| 7) Farnham                    | 21) Brentwood*   | 36) London — Canary Wharf     |
| 8) Glasgow                    | 22) Brighton*    | 37) Cardiff*                  |
| 9) Harrogate                  | 23) Cambridge*   | 38) Edinburgh                 |
| 10) London — Covent Garden    | 24) Cheltenham*  | 39) London — City Hosier Lane |
| 11) London — City Cousin Lane | 25) Chester*     | 40) London — West End*        |
| 12) Nottingham                | 26) Exeter*      | 41) Manchester*               |
| 13) Paddington                | 27) Ipswich*     |                               |
| 14) Reading                   | 28) Leeds*       |                               |
|                               | 29) Leicester*   |                               |

*\*Mammography available.*

This map is for illustrative purposes and the centre locations are approximate.



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