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What happens in a health assessment?

A health assessment is a combination of tests which in turn provide the participant with an accurate snapshot of their overall health. It's kind of like a MOT for your body!

During an assessment, a health practitioner will take various measurements including height, weight, and blood pressure. All the procedures and tests are explained before they are carried out and any test can be left out if so desired by the participant.

Some health practitioners will use BMI to provide you with a score however BMI only assesses weight and doesn't take into account muscle mass, bone density and water weight. At Healthy Performance we use a body composition monitor to calculate body fat percentage and total body water percentage. Body composition is a better indicator of possible health risks than using weight alone.

As the readings are being taken the assessor records them on their laptop and will often explain the results as they collect them. A small fingertip blood sample can also be taken to measure cholesterol and blood glucose levels, we use a point of care machine that will give results within a couple of minutes. The assessor reviews the lifestyle information provided by the patient and chats to them about it as they move from one test to the next. Depending on the length of the assessment we may carry out spirometry and urinalysis tests. We also offer more in-depth measurements too, looking at the thyroid, prostate, liver, kidney and vitamins amongst others.

Once all the results have been collected, we can produce the individual report which is then presented to the participant, all the results are explained using a 'traffic light' system of green, amber and red to indicate the risk associated with each result. We will usually provide each person with a cardiovascular risk profile based on their lifestyle, family history and results from their assessment.

Our experienced assessors will work with each person to give appropriate individual advice on how to influence future readings and make lifestyle changes to reduce long term health risks.

Health assessments are a quick, convenient and painless way to gather an accurate picture of your overall health and identify areas of improvement.

For more information on health assessments and how our health assessment service works please head over to our website.

www.healthyperformance.co.uk | 0800 170 1777