



Frequently Asked Questions

Vodafone Cardiovascular Check

30 minutes to help change your life!

This one on one consultation will give you some key advice on what you need to do to improve your own health and wellbeing.

What to expect during your assessment?

The assessment will be carried out by one of our Vodafone Physiologists who are extensively trained in Lifestyle Management.

The following measurements will be taken:

Finger Prick Cholesterol:

Using a very small needle to take a drop of blood we can calculate how much Cholesterol is in your blood stream. Excessive cholesterol in the blood has been closely linked to increased risk of coronary heart disease. Lifestyle change has been shown to alter this effectively.

To ensure a more accurate cholesterol reading it is advisable not to eat any food (particularly high fat foods) within 2 hours of testing.

Blood Pressure:

The measure of the pressure of the blood flow within arteries. This assessment helps us identify risk of cardiovascular disease and renal (kidney) disease.

Height, Weight and BMI:

Body Mass Index (BMI) is the relationship between height and weight and calculates whether your weight is too great or too little for your height.

Lifestyle Tips:

This one on one coaching is used to agree a health improvement plan. This will give you:

- Peace of mind on healthy results and/or treatment for any abnormal results
- Identifying trends or lifestyle habits that may impact your future good health
- Lifestyle changes that affect your energy levels

For additional information and resource information please use the link below with the provided username and password details.

Log onto: <http://vodafone.mynuffieldhealth.info/>

User name: vodafone

Password: nuffield

**Am I Eligible?**

The Cardiovascular check is available to all Vodafone UK employees.

When and where are the Assessments held?

You will be sent the specific details of the time and location of your health assessment when the appointment is confirmed. You will be booked in on a first come first served basis. The Physiologist will offer appointments at various Vodafone locations. If you do not receive an appointment straight away you will be placed on a waiting list and an appointment will be made as soon as possible.

How long is the Assessment?

The Assessment is 30 minutes long and in that time you will have your height and weight read. Plus your total cholesterol, blood pressure and BMI. After these tests are taken, personalised tips will be given to help you set goals and improve your health.

What do I need to bring?

Nothing, just yourself.

Do I need to wear anything specific?

You need to wear a top that allows easy access to your upper arm to allow us to take your blood pressure.

Who sees my results?

All health assessments are strictly confidential. Only you and the Physiologist conducting your assessments will see your results. Anonymous clinical data will be compiled for a company profile, but no individuals will be named.

Can I bring a chaperone?

Yes, if you would like to bring someone then please let us know at time of booking.

Can I eat and drink before my assessment?

We advise that you do not eat or drink any caffeine for 2 hours before the assessment to ensure that all readings are as accurate as possible. We would also advise that you do not participate in any type of vigorous activities for at least 2 hours prior to your assessment.

What if I need to cancel / move my appointment?

Please email us at vodafone@nuffieldhealth.com 72 hours prior to your assessment. If you need to cancel in advance then please call on 03001230823.