



# Frequently Asked Questions

## Vodafone Nutritional Analysis Check

**30 minutes to help change your life!**

### **Am I Eligible?**

The Nutritional Analysis 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, Body Mass Index (BMI)/Waist to hip ratio and Body Fat levels assessed. After these tests are taken, personalized 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?**

No, the only thing we advise is that ladies do not wear tights or stockings. This will allow us to place electrodes on the hand's and feet.

### **Who sees my results?**

All Nutritional Analysis checks 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/drink or exercise before my assessment?**

We advise that you do not eat or drink any caffeine for 2 hours before the assessment to ensure that all reading 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](mailto:vodafone@nuffieldhealth.com) 72 hours prior to your assessment. If you need to cancel in advance then please call on 03001230823.



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