



# Frequently Asked Questions

## Vodafone Postural Check

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

This one on one consultation will also leave you with some key advice on what you need to do to enhance your own health and wellbeing.

### **Am I Eligible?**

The Postural 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 postural check is 30 minutes long and determines the shape and mobility of your spinal column by gliding the device manually down from the base of your neck to the end of your spine. We will measure your spine in three positions.

### **What do I need to bring?**

Nothing, just yourself.

### **Do I need to wear anything specific?**

Please ensure you are dressed appropriately e.g. for ladies trousers would be more appropriate than a dress.

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

All postural 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 and drink before my assessment?**

You may eat or drink prior to the assessment.

### **Can I exercise before my assessment?**

We recommend that you should not have exercised on the day of the 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