



# Frequently Asked Questions

## Vodafone Resilience Check

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

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

### **Am I Eligible?**

The Resilience 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 Resilience check is 30 minutes long and focuses on heart rate variability. The test will be performed by assessing your heart rate via a heart rate monitor. The monitor will be placed by your sternum underneath your shirt/blouse. You will be asked to lie down for a period of time. Half way through the test you will be asked to stand up.

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

Nothing, just yourself.

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

No however ladies are suggested not to wear a dress.

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

All Resilience 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?**

Please ensure that you have not eaten and not consumed any fluids (including caffeine) other than water for 2 hours before the test and that you have limited your exercise levels for 4 hours prior.

### **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