

Why Nightingale Health Check finds what a usual blood test overlooks

A usual blood test	Nightingale Health Check
 reads each value on its own	 reads more than 40 values together
 checks each value against a normal range	 combines all the values into your risk of disease
 gives a limited view of your health today	 finds your disease risk years before you feel anything

Is Nightingale Health Check a genetic test?

Nightingale Health Check does not read your genes. It reads how your body is working right now – shaped by your lifestyle, not just your DNA. Your genes are fixed, but how your body works can change, depending on how you live.

Nightingale Health Check was developed by Nightingale Health, a global health technology company. The blood test behind it has been used in more than 1,000 scientific studies worldwide. Nightingale Health Check is approved for medical use in the EU, the UK, Japan and Singapore. In Finland, it is in nationwide healthcare use, and over 200,000 people have already received their results.

nightingalehealth.com

Could this be you?

Your disease risks depend mainly on how you live. So, like Eric, you can lower your risks. Nightingale Health Check shows your risks early, and lets you track your progress over time.

How it works

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Step 1

You give one blood sample

Don't eat 4 hours before the test. You may drink water normally.
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Step 2

We analyse your sample

We analyse your blood values and use them to calculate your disease risks.
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Step 3

You get your report

Your disease risk, Metabolic Age and blood values, presented in a clear, easy-to-understand report.
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Step 4

You make changes

Start by making small everyday changes, for example in your diet. If your risk is high, you can consult with your doctor about what to do next.
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Step 5

You test again

After 3 to 12 months, repeat the test and see your progress.



Ready to avail the test?
 Customer Care: 0917 566 6124
 Home Service: 0917 777 5227

Eric felt he was living a healthy life. A blood test found risks he could not feel.

Eric is 44. He felt healthy and went for a normal check-up. From one blood sample, Nightingale Health Check found two disease risks that were higher than normal for his age, long before he would feel anything.

A blood test that finds disease risks early, while there is still time to lower them. Recommended for adults aged 30– 65.





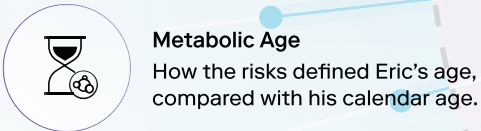
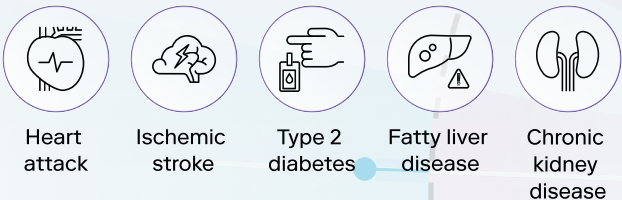
1. One blood sample

A clearer picture of health

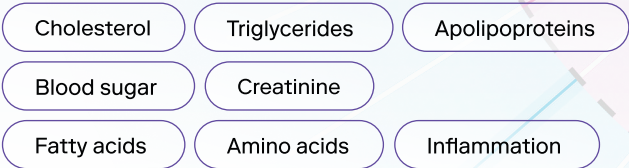
Eric gave one blood sample, just like in a routine check-up. From that single sample, Nightingale Health Check measured around 40 values in his blood. Those values were then compared with large groups of people who were tracked for more than ten years to see who developed disease.

That comparison is what revealed Eric's disease risks. So his result shows where his health is heading, not just a list of separate blood values.

Report showed his risk over the next 10 years for five common diseases, plus Metabolic Age and blood values.



~40 blood values, in eight groups:



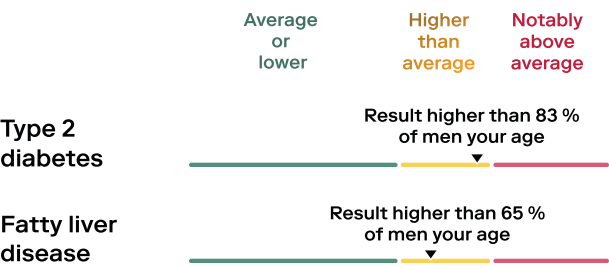
2. Results

Fine on the surface

Eric felt healthy, and most of his results were good. However, his Metabolic Age came out slightly above his calendar age. The Nightingale Health Check also looks at each risk on its own, so it compared Eric with thousands of other people the same age. For him, two risks were higher than average: type 2 diabetes and fatty liver disease.

Each risk gets a simple colour. Green means average or lower for your age, yellow means higher, red means much higher. Eric's diabetes and fatty-liver risks were yellow. He had no symptoms, and a normal check-up would not have found these risks. Nightingale Health Check saw them early.

How Eric is compared with other men his age



Metabolic Age

1 year older

Calendar age
44
years

Metabolic Age
45
years



3. What changed

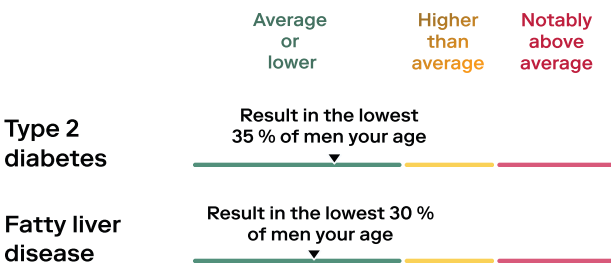
Risk that can change

Now Eric knew where to focus. He changed his diet a little and exercised a bit more. Nothing extreme. Over seven months, he lost about five kilos. Then he took Nightingale Health Check again.

The report showed that his diabetes and fatty liver risks went from yellow to green – better than average for his age. Two of his other risks were even lower than before and one risk did not change. His Metabolic Age went down by three years, now younger than his calendar age.

Eric did not need to be scared. He found out about his risk early, while there was still time to lower it.

Seven months later, the same comparison



Eric's progress over time

