

# NAVIGATE TO A HEALTHIER BODY

Do you have pain in your bones, muscles or joints that you've not experienced before?



Bones



Muscles



Joints

If so, you may need treatment from a physiotherapist, chiropractor or osteopath to help you on the path to better health.

1

## Get seen quickly

When you need to **refer yourself** to a Nuffield physiotherapist



When you need to **refer yourself** to a chiropractor or osteopath



Call your helpline number - it's on your member portal

2

## Get treatment without delay

We'll transfer you to Nuffield for a telephone assessment with a physiotherapist



We'll do a quick check over the telephone to ensure this type of treatment is right for you



3

## Choose a time that's convenient for you

Physiotherapy appointment booked



Start your treatment plan



With our physiotherapy self-referral option there's no need to wait up to **2 weeks** to see your GP.<sup>1</sup>

We'll take your call on day one and with treatment starting on average on day two, that's around **40 days** quicker than GP referral.<sup>2</sup>

Together, all the way.<sup>SM</sup>



<sup>1</sup> Pulse Magazine, May 2015, Poll of 700 GPs

<sup>2</sup> NHS England, Referral to Treatment Waiting Times Data (non-admitted), October 2015

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