



Long-Term Conditions Programme

Supporting people to feel better and live better

Nuffield Health is building a healthier nation

We are the UK's largest healthcare charity and our purpose is to build a healthier nation.



148

UK sites will deliver social impact in 2026



£166.1 million social value in 2025

Who we are

Nuffield Health is committed to building a healthier nation by addressing unmet health needs through “prescribed movement as medicine”. In 2025, our free programmes reached over 25,000 beneficiaries, generating £166 million in social value. We also supported over 800 NHS employees referred into our Joint Pain Programme through NHS Occupational Health schemes.

+ where & how we offer them

- 36 Hospitals
- 110 Fitness and wellbeing centres
- 1 Research and development facility

= the value we create 

100,000 Beneficiaries reached through our free social impact programmes since 2018

41,219 people who benefited from our social impact programmes are living with lower resources

Our social impact last year

Who benefits?

What do we measure?

Examples of the impact we deliver

Social value 2025



The Long-Term Conditions Programme (LTC)

In 2026, we are expanding our impact through the delivery of our Long-Term Conditions programme. Our symptom-led programme helps people suffering from chronic pain, long-term fatigue and breathlessness.

The LTC Programme is a 24-week, evidence-based intervention co-designed with patients, academic experts and healthcare professionals. This personalised 24-week supervised, expert-led intervention is designed to bridge the gap between clinical discharge and community self-management.

- **Clinical Focus:** Targets patients struggling with chronic pain, long-term fatigue and breathlessness symptoms associated with cardiovascular, respiratory, metabolic and MSK disorders
- **Expert Delivery:** Led by Rehabilitation Specialists (Clinical Exercise Specialists) working under an extended Scope of Practice within a clinical Multidisciplinary Team (MDT).
- **Clinical Safety:** Delivered by a regulated healthcare provider, supported by healthcare professionals, robust clinical governance frameworks and rigorous triage, including blood pressure and submaximal exercise testing.
- **Proven Outcomes:** 36% improvement in fitness, 68% improvement in mental wellbeing, and 34% reduction in breathlessness

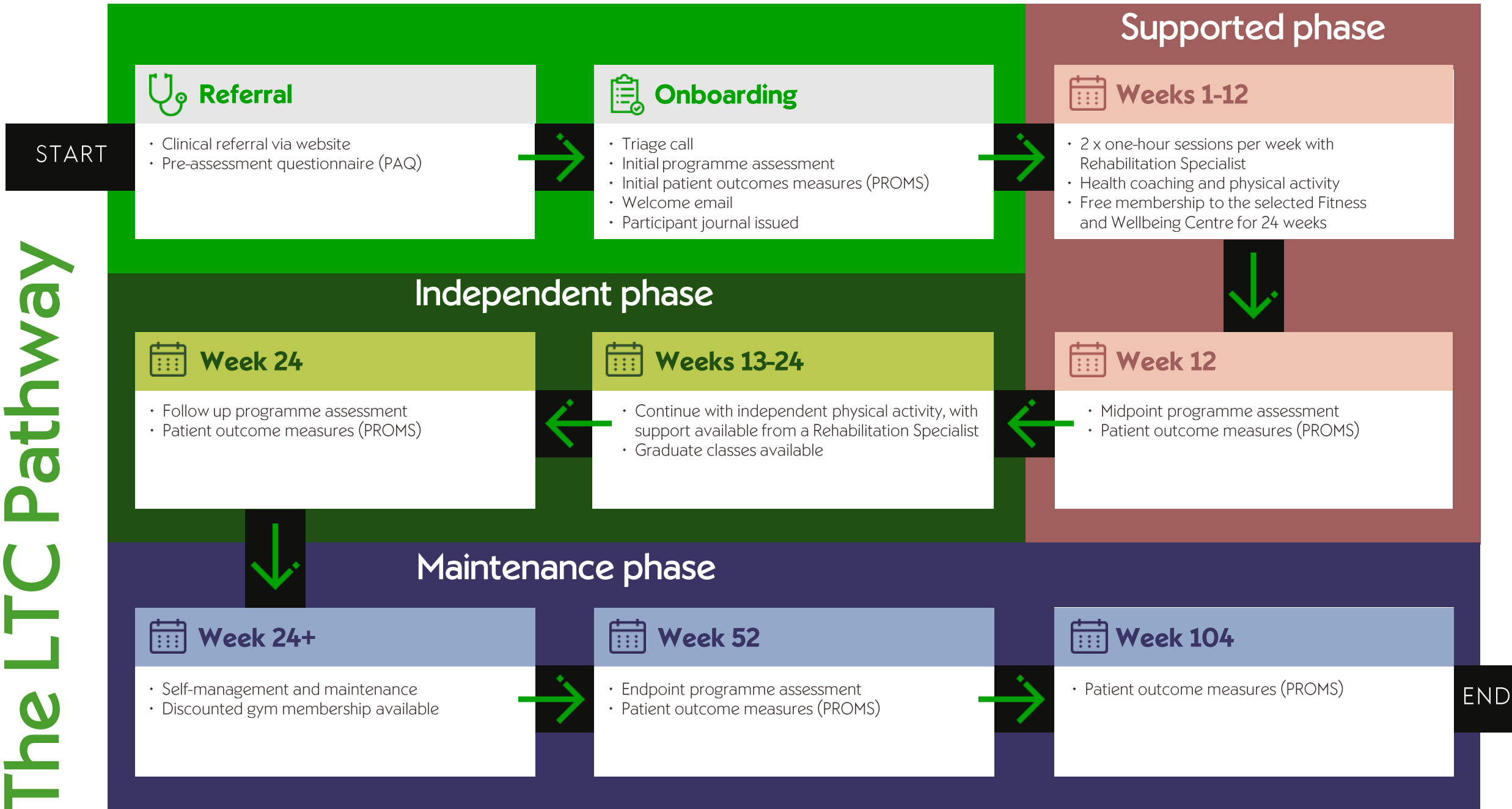


INCLUDED

- ✓ Cardiovascular diseases
- ✓ Respiratory conditions
- ✓ Metabolic disorders
- ✓ Musculoskeletal conditions
- ✓ Neurological disorders
- ✓ Other conditions

e.g. Long COVID where participants struggle with pain, fatigue or breathlessness

The LTC Pathway



Your role



RECOGNISE



people with long-term conditions struggling with chronic pain, long-term fatigue or breathlessness



RECOMMEND



exercise as part of prescription



REFER

via the Nuffield Health website

RECOGNISE

 people with long-term conditions struggling with chronic pain, long-term fatigue or breathlessness

Checked by NHS Healthcare professionals



INCLUSION



- Can walk with or without walking aids 20 metres
- Is an independent wheelchair user
- Can exercise without the use of an oxygen tank
- Can communicate and read English
- Can attend sessions twice per week, for 12 consecutive weeks

EXCLUSION



- Has had surgery in the last 12 weeks or not been discharged from any post-operative rehabilitation/care
- Has planned surgery in the next 24 weeks
- Is pregnant

Checked by Nuffield Health team by phone



- Inclusion criteria review
- Participant conditions and symptoms
- WHO 3Q's
- Participant medications

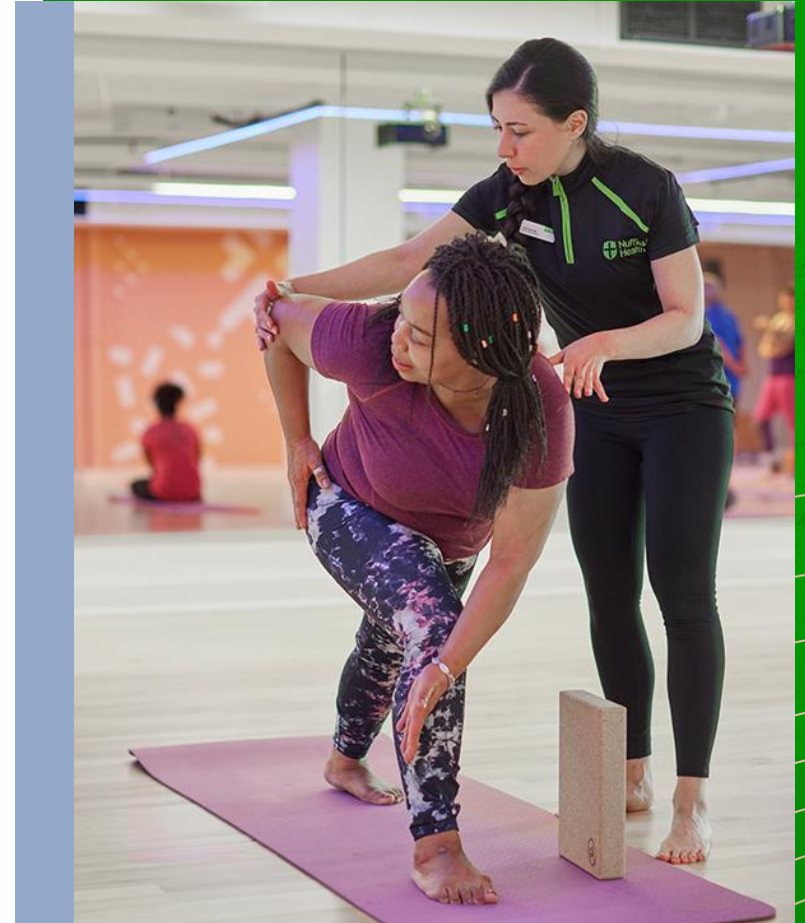
Checked by Nuffield Health team in person



- BMI
- Sit-to-stand
- Hand grip strength
- Blood pressure
- Submaximal exercise test
- Multimorbidity check

Our programme is not suitable for participants that have the following:

- ◆ Unstable angina
- ◆ Uncontrolled cardiac arrhythmias
- ◆ Severe aortic stenosis
- ◆ Uncontrolled symptomatic heart failure
- ◆ Acute myocarditis or pericarditis
- ◆ Acute or recent myocardial infarction (MI)
- ◆ Acute pulmonary embolism (PE) or deep vein thrombosis (DVT)
- ◆ Uncontrolled hypertension
- ◆ Severe symptomatic aortic dissection or aneurysm
- ◆ Infective endocarditis
- ◆ Acute systemic illness or fever
- ◆ Significant resting oxygen desaturation (e.g., SpO₂ <85%)



The story so far



Launched at 11 locations in 2025, generating over 1200 referrals to date.



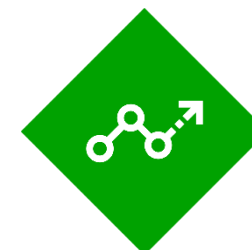
75% of all referrals start the programme. If class times at site are suitable, that rises to 98%.



226 participants started the programme in 2025, with 87% still on the programme or completed.



High Net Promoter Score (NPS) +90



In 2026, we're scaling the programme across an additional 33 gyms, as well as community programmes at all our hospital locations.

Next steps

1

Identify key contact
for Nuffield Health
to liaise with



2

Refer patients



3

Put posters up in
patient areas

<https://www.nuffieldhealth.com/LTC>

