



Your complete guide to private healthcare

Your full healthcare journey explained



**Staying on top of your
health is key to maintaining
a happy lifestyle**

Introduction

Staying on top of your health is essential for maintaining a happy and fulfilling lifestyle. However, the numerous decisions involved in managing your healthcare can sometimes feel overwhelming.

When faced with a health issue, you often need to consult various medical professionals, navigate multiple appointment times, and make complex choices. With private healthcare becoming an increasingly accessible option, you now have more control than ever over your healthcare journey.

This guide is designed to help you understand the pathway of private healthcare and how Circle Health Group can support you in receiving the treatment you deserve, allowing you to focus on what matters most to you.

We'll guide you through choosing the right hospital and consultant, booking your initial appointment, and preparing for your first visit. We'll also explore the benefits of private healthcare and how it complements NHS services.



Our guide offers practical advice on financing your treatment, should you need it, and provides insight into what to expect when meeting your consultant, undergoing diagnostic testing, and starting a treatment plan.

We hope this will help you navigate the process of receiving treatment, followed by a discussion of the aftercare and support that we provide.

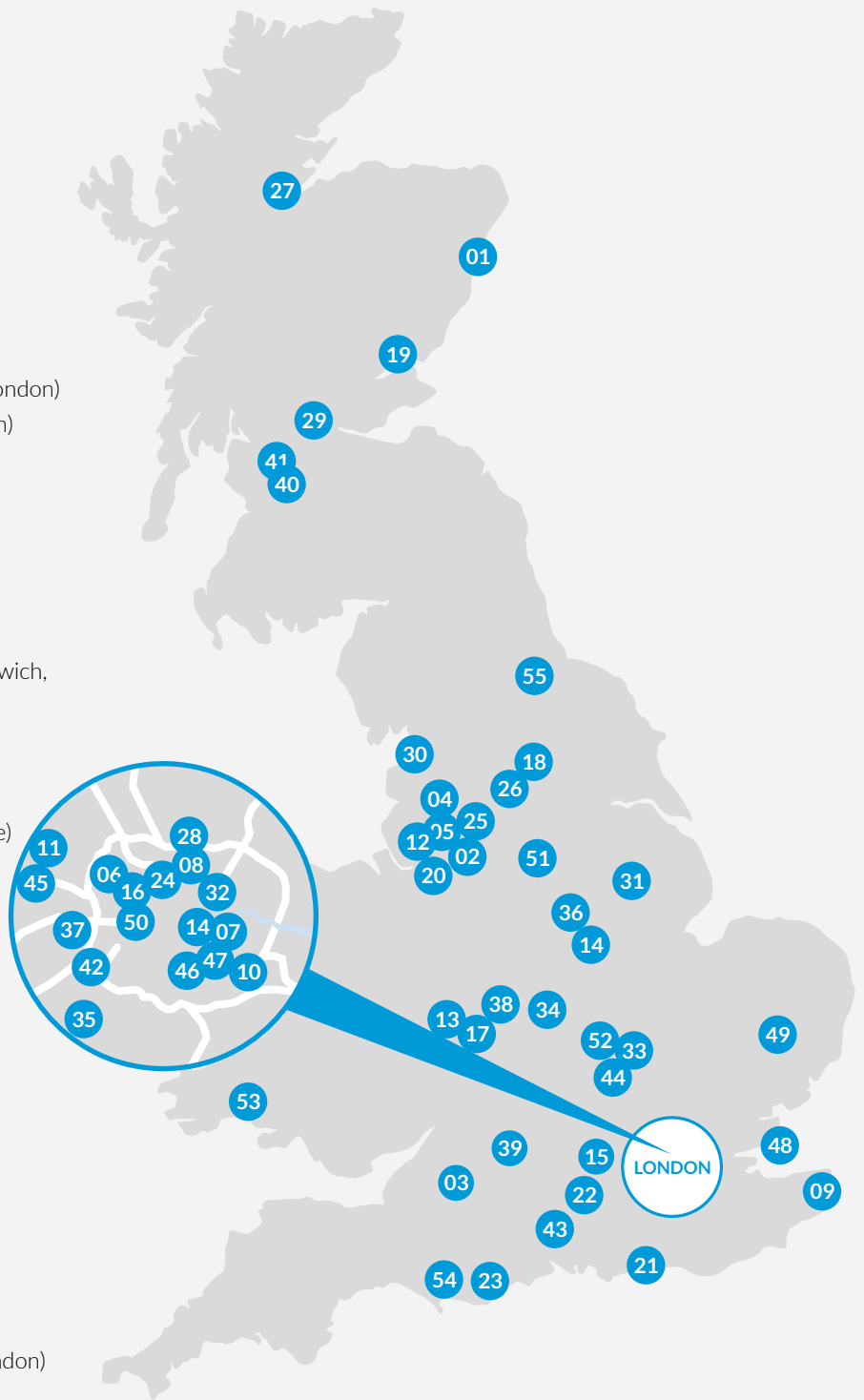
With Circle Health Group, you're not just choosing private healthcare – you're choosing a partner committed to bringing you full circle back to health. Our dedicated healthcare team will be with you every step of the way throughout your healthcare experience.

Paul Manning

**Circle Health Group
Chief Executive Officer**

Our hospitals

- 1 Albyn Hospital (Aberdeen)
- 2 Alexandra Hospital (Manchester)
- 3 Bath Clinic
- 4 Beardwood Hospital (Blackburn)
- 5 Beaumont Hospital (Bolton)
- 6 Bishops Wood Hospital (Northwood, London)
- 7 Blackheath Hospital (South East London)
- 8 Cavell Hospital (Enfield, London)
- 9 Chaucer Hospital (Canterbury)
- 10 Chelsfield Park Hospital (Orpington)
- 11 Chiltern Hospital (Buckinghamshire)
- 12 Circle Cheshire Clinic (Northwich)
- 13 Circle Rehabilitation (Birmingham)
- 14 Circle Integrated Care (Bedford, Greenwich, Nottingham, Northamptonshire)
- 15 Circle Reading
- 16 Clementine Churchill Hospital (Harrow, London)
- 17 Droitwich Spa Hospital (Worcestershire)
- 18 Duchy Hospital (Harrogate)
- 19 Dundee Outpatient Centre
- 20 Fairfield Independent Hospital
- 21 Goring Hall Hospital (West Sussex)
- 22 Hampshire Clinic (Basingstoke)
- 23 Harbour Hospital (Poole)
- 24 Hendon Hospital (London)
- 25 Highfield Hospital (Rochdale)
- 26 Huddersfield Private Hospital
- 27 Inverness Outpatient Centre
- 28 Kings Oak Hospital (Enfield, London)
- 29 Kings Park Hospital (Stirling)
- 30 Lancaster Private Hospital (Lancashire)
- 31 Lincoln Private Hospital
- 32 London Independent Hospital (East London)
- 33 Manor Hospital (Bedford)
- 34 Meriden Hospital (Coventry)
- 35 Mount Alvernia Hospital (Guildford)
- 36 Park Hospital (Nottingham)
- 37 Princess Margaret Hospital (Windsor)
- 38 Priory Hospital (Birmingham)
- 39 Ridgeway Hospital (Swindon)
- 40 Ross Hall Clinic Braehead
- 41 Ross Hall Hospital (Glasgow)
- 42 Runnymede Hospital (Chertsey)
- 43 Sarum Road Hospital (Winchester)
- 44 Saxon Clinic (Milton Keynes)



- 45 Shelburne Hospital (High Wycombe)
- 46 Shirley Oaks Hospital (Croydon, London)
- 47 Sloane Hospital (Beckenham, London)
- 48 Southend Hospital
- 49 St Edmunds Hospital (Bury St Edmunds)
- 50 Syon Clinic (Brentford, London)
- 51 Thornbury Hospital (Sheffield)
- 52 Three Shires Hospital (Northampton)
- 53 Werndale Hospital (Carmarthen)
- 54 Winterbourne Hospital (Dorchester)
- 55 Woodlands Hospital (Darlington)

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Going private

Your journey to better health

Hundreds of thousands of people in the UK are opting for private healthcare. It allows you to tailor the care that you receive to your own particular needs and ensures that you receive personalised attention and service.

Navigating any kind of hospital treatment can seem frightening and confusing. However, at Circle Health Group, we are all here to help and support you along your healthcare journey. We are here to make your hospital experience as easy and personalised as we can.

Why go private?



What is private healthcare?

Have you ever found yourself needing a medical consultation or treatment but having to wait weeks, if not months, for an appointment?

It can be frustrating.

If you've ever felt this way, you're not alone.

Private healthcare offers a different path: one where you can access medical services directly, choosing your consultants and treatments without the long waits.

But it's about more than just speed. It's about receiving personalised care tailored to your needs, in an environment that prioritises your comfort and privacy.

At Circle Health Group, we believe in putting you at the centre of your healthcare journey. We're dedicated to providing accessible, high-quality care, ensuring that your health needs are met promptly and effectively. From managing sports injuries to comprehensive surgeries, our team is committed to ensuring you receive the care you need—when you need it.

What are the benefits of private healthcare?



Faster treatment



Specialist access



Personalised care



Shorter waiting times



Privacy



Choice of doctor



Option to choose a location near you



Advanced technology



Flexible scheduling



Imagine if seeing a specialist or getting surgery could not only happen quickly but could actually be arranged for a time that suited you? With private healthcare, that's exactly what you get.

Firstly, private healthcare gives you control over your medical journey. It's all about what's best for you. You get to choose your consultant and the treatment plan that fits your needs perfectly.

Personalised treatment plans are a cornerstone of private healthcare. Your care will be unique to you, focusing on the most effective treatments for your specific situation. We offer a consultant-led experience, meaning that you will see the same specialist and clinical team throughout your journey, helping you to feel comfortable throughout your journey.

Comfort and privacy are also paramount. Our private healthcare facilities are designed with your needs in mind, ensuring a more pleasant healthcare experience.

One other standout advantage of choosing private healthcare is the access it provides to the latest medical breakthroughs. This not only offers our patients access to the latest treatments, but also ensures that care is delivered with unparalleled precision and efficiency. At Circle Health Group, embracing these technological advancements is not just about staying at the forefront of medical care—it's about ensuring that our patients receive the best possible outcomes.

In essence, private healthcare puts your needs and convenience at the forefront. It's about receiving timely, personalised care in a setting that values your comfort.

Understanding private healthcare options



How do I access private healthcare?

‘Going private’ for your healthcare might seem a daunting task at first. However, it’s simpler than you might think.

You can access private hospitals in the UK through a referral from your GP, or via private health insurance. Another route is to contact us directly by using our online booking system, or over the phone, using the details on our website.

Whatever path you use to get to us, once here, we will look after you every step of the way.

Our hospitals and clinics across the UK offer a wide range of services, from outpatient consultations to complex surgeries, all aimed at providing you with timely, high-quality care.

You can find out more about the treatments we provide by looking at the ‘Find a treatment’ section of our website. Here you can also look at information about your local hospitals and even see more about the specific consultants that you could book an appointment with directly.

www.circlehealthgroup.co.uk/treatments

One way to start your journey with us is by booking a private GP appointment. Appointments are a relatively cost-effective way of seeing a doctor quickly. Our specialist GPs can talk to you about your health issues and refer you for treatment if needed. They can explain the whole process to you and guide you through any further appointments that you need.

At Circle Health Group, we’re dedicated to making this process as seamless as possible. Whether you’re considering private care for faster access to treatments, or needing a specialist consultation, we’re here to guide you every step of the way.

Private healthcare services offered by Circle Health Group

Circle Health Group is one of the UK's leading providers of private healthcare. But what exactly does that mean for you?

Our network of hospitals and clinics offers an extensive range of healthcare services. These are designed to provide patients with comprehensive, personalised care.

We offer a range of services, from initial consultations to diagnostic tests, from non-invasive treatments to complex surgeries. Our facilities are equipped with the latest technology to ensure the highest standards of care. Our services cover a broad spectrum of medical fields, including orthopaedics, cardiology, neurology, and many more, all delivered by teams of highly skilled specialists.

Popular specialities covering all areas of the body include:



Orthopaedics



Cardiology



Gynaecology



General surgery



Ophthalmology



Urology



Dermatology



ENT



Specialities and treatments available at Circle Health Group

When it comes to healthcare, one size does not fit all. That's why Circle Health Group prides itself on the wide array of specialities and treatments we offer. Our goal is to ensure that no matter what your health concerns may be, you have access to the expertise and care you need.

Our specialists are leaders in their fields, offering treatments across various disciplines such as orthopaedic surgery for joint replacements and sports injuries, cardiology for heart health,

neurology for brain and spine conditions, and many more. We also offer cutting-edge cancer care, including diagnostics, treatments, and rehabilitation services.

At Circle Health Group, we are at the forefront of adopting innovative treatments and surgical techniques. These include minimally invasive procedures that promote quicker recovery times and better outcomes.

Private healthcare and the NHS

In this chapter, we will look at how private healthcare works alongside the NHS to strengthen healthcare provision together. We will also answer questions that you may have on how private healthcare can dovetail into the NHS services that you use.

Challenges within the NHS

The National Health Service, or NHS, stands as a pillar of healthcare in the UK, providing essential services to millions. Yet, like any system facing high demand and limited resources, it encounters specific challenges.

Firstly, waiting times for treatments and surgeries have become a significant concern. These delays can affect patient outcomes, extending suffering and uncertainty for many.

Currently, the NHS doesn't have capacity for people who want to see a doctor or get surgery quickly. That's where private healthcare comes in, offering a helping hand. Private healthcare lightens the load on the NHS. When people choose private care, it means shorter waiting lists and more resources for everyone else in the NHS. It's a win-win, helping to improve healthcare for all of us.

Another issue with the current NHS provision is the lack of combined services. Patients often navigate through fragmented care, moving from one specialist to another without cohesive management of their conditions. This not only complicates their treatment journey but can also lead to inefficiencies and repeated diagnostics.

At Circle Health Group, we try to create a seamless experience where your consultant can be your partner on your healthcare journey, with you every step of the way. Personalised care also allows you the chance to develop meaningful relationships with your medical practitioners.

Private healthcare doesn't just offer an alternative; it supports the NHS and helps make healthcare better for everyone. It's about giving you more choices and quicker access to care.

While the NHS continues to be the backbone of UK healthcare, these challenges highlight areas where additional support and alternatives, like private healthcare, can play a vital role.



How do I go private instead of NHS?

Choosing to go private for your healthcare needs can seem like a big step, especially if you're accustomed to relying on the NHS. At Circle Health Group, we make this transition seamless and straightforward, ensuring you receive the care you need, exactly when you need it.

First, it's important to know that accessing private healthcare doesn't mean giving up on NHS services. You have the freedom to choose the best of both worlds. To start your journey with Circle Health Group, you can directly book a private consultation or seek a referral from your NHS GP, even if it's just for a second opinion or a specific treatment.

We offer a variety of payment options, including private insurance coverage or various ways of paying for your treatment, making it accessible for those considering private healthcare for the first time. Our team can provide you with clear information on costs and treatments, ensuring there are no surprises along the way.

Choosing Circle Health Group means prioritising your health with personalised care, shorter waiting times, and access to the latest treatments and technologies. It's about taking control of your healthcare journey, with the assurance that you're supported along the way.

Your healthcare journey

Starting your journey

Selecting the right private hospital is the first step on your healthcare journey.



How do I choose a private hospital?

Selecting the right private hospital is the first step on your healthcare journey. You can search through all of our hospitals by looking at the 'Find a hospital' section of our website.

Here you can see what facilities the hospital has and what treatments they offer; you can see reviews from other patients; and can even book an appointment to see a consultant.

How do I choose my consultant?

Your private healthcare journey begins when you need to see a specialist. With Circle Health Group you won't be put on a long waiting list to see a consultant. You'll usually be able to book an appointment within two or three days of getting in touch, and the whole process of treatment will move as quickly as possible.

If you're paying for your treatment, you can often book a private consultation without a GP referral letter, giving you even faster access to expert treatment.

Some consultants, however, may ask for a referral letter from your GP before they can book you in for an appointment. This is normally so they can double-check that their medical expertise meets your needs, as confirmed by your GP's recommendation. If you don't want to wait for an appointment with your regular GP, you can use a Circle Online GP to get a same-day virtual appointment with a GP.

Choosing the right consultant is crucial for your treatment success and we can help you with this if you need. Start by identifying specialists with expertise in your specific health condition.

You can do this on our website by searching for the treatment or specialty you are interested in and looking at the list of consultants listed at the bottom of that page. Your GP can advise you on the type of specialist you need to see.

Take a look at the consultant profiles on our website. Here you can review their qualifications and their experience. Selecting a consultant who you feel comfortable with and trust is key to a positive healthcare experience. You can book a consultation with them online, or if you would prefer you can speak with one of our advisers to help you choose.

The screenshot shows the Circle Health Group website interface. At the top, there is a navigation bar with the Circle Health Group logo on the left and three contact options: 'Chat with us Here to help', 'Call us 0808 296 4935', and a blue 'Book an appointment' button. Below the navigation bar is a horizontal menu with links: 'Find a specialist', 'Find a hospital', 'Find a treatment', 'Find a GP', 'Going private', 'Pay my bill', and 'Careers'. The main content area is titled 'Find a specialist' and includes the text: 'We have 53 hospitals across the UK with 4000+ expert consultants. Search below to find out about getting fast access to an expert near you.' Below this text is a search bar with several input fields: 'Search for a treatment', 'Postcode or town', 'Distance within 15 miles', 'Search by hospital', 'Consultant name', and a 'Search' button.

www.circlehealthgroup.co.uk/consultants



How to book an initial consultation

Booking your initial consultation is a significant step forward. Visit the Circle Health Group website or call our dedicated patient service team.

Provide details about your healthcare needs and preferred location. We'll help you schedule an appointment with the right consultant at a time that suits you.



0808 258 1308



www.circlehealthgroup.co.uk





Meeting your consultant

Your initial consultation is an important part of beginning your treatment journey with Circle Health Group. This is where your consultant will get to know you, your condition, and your symptoms to better understand the treatment you need.

In this chapter, we look at how to prepare for your visit to a consultant, what to expect, and what questions to ask to get the most out of your experience.



Preparing for your first visit

Preparing for your visit is essential for a smooth experience. Knowing what to expect and what to bring can help ease any nerves and make your consultation more productive.

Gather any relevant medical records, a list of medications you're taking, and questions you may have for your consultant.

Your first visit to our hospital

Upon arrival, you'll find modern facilities designed with your comfort in mind. We ensure easy access for everyone, including those with disabilities. Our friendly staff will be there to guide you through the process, from registration to your consultation.

What to expect in your initial consultation

Your initial consultation offers you the opportunity to discuss your concerns and explore treatment options.

During the consultation, your consultant will review your medical history, perform necessary examinations, and possibly suggest diagnostic tests. You'll have the opportunity to discuss your symptoms, concerns, and the impact they have on your daily life, ensuring that your consultant fully understands your situation.

Questions to ask your consultant

Coming prepared with questions can help you make the most of your initial consultation. Consider asking about the diagnosis and the details of any proposed treatments or surgeries, including the benefits, risks, and any alternatives. Inquiring about the expected recovery process and any lifestyle changes or adjustments that may be needed is also crucial.

Ask your consultant about their experience and success rates with the treatment, which can provide reassurance and help build trust. Remember, no question is too small when it comes to your health and well-being.

How to book your follow-up appointment

After your initial consultation, booking a follow-up appointment may be necessary to discuss test results, decide on a treatment plan, or begin your treatment journey.

A follow-up appointment provides the opportunity to clarify any new information, ask further questions, and discuss the next steps in detail. It's an integral part of your ongoing care, ensuring you feel supported and informed throughout your treatment process.

Our team will assist you in scheduling this next step at a time that's convenient for you.



Diagnostic testing

An overview of common diagnostic tests and procedures

When your healthcare journey requires diagnostic testing, knowing what to expect can ease concerns and prepare you for the process. This chapter offers an overview of common diagnostic tests and procedures you might encounter.

From blood tests and imaging scans like X-rays, MRIs, and CT scans, to more specialised tests such as endoscopies or biopsies, each test plays a crucial role in your diagnosis and treatment plan. These tests help our medical team get a clearer picture of your health, guiding them in recommending the most effective treatment options for you.

Understanding the purpose and process of these tests can make your experience smoother and less intimidating. Whether it's a simple blood draw or a more complex procedure, our team is committed to providing you with the highest standard of care.





The role of diagnostic testing in your healthcare plan

Understanding the significance of diagnostic tests is crucial, as they are fundamental in shaping a tailored, effective healthcare journey for each patient.

We use these tests to build a comprehensive picture of your health. This detailed understanding allows us to design a personalised healthcare plan that targets your specific needs. Whether it's identifying the right course of treatment, deciding on the necessity of surgery, or determining the most effective medication, diagnostic testing guides every step.

Moreover, these tests play a crucial role in preventative care. By detecting potential health issues early, we can work together to implement lifestyle changes or treatments that can prevent conditions from developing or worsening.

Remember, every test is a step forward on your path to wellness.



**Every test is a step
forward on your path
to wellness.**



Preparing for your tests

Approaching diagnostic tests with confidence comes from knowing how to prepare. Preparation varies by test—some may require fasting, while others might need you to avoid certain medications or follow specific instructions. Our staff will guide you through what to wear, what to bring, and any dietary restrictions or pre-test requirements you need to follow.

We also offer tips on managing anxiety and questions to ask your healthcare provider about the test.

Understanding your test results

After undergoing diagnostic testing, the next crucial step is interpreting the results. These results provide a snapshot of your health, offering insights that are essential for making informed decisions about your care.

When you receive your results, your consultant will discuss them with you in detail. They'll explain what the findings mean in the context of your overall

health, addressing any abnormalities and what they could signify. This conversation is an opportunity to ask questions and clarify any concerns you may have.

Depending on the outcomes, the next steps might include further testing for more information, starting a treatment plan, or perhaps adjusting an existing one.

A photograph of a middle-aged man with a light beard and hair, wearing light-colored scrubs, standing in a medical or laboratory setting. The background is blurred, showing a microscope and a circular light fixture. The entire image is overlaid with a semi-transparent blue filter. The text 'Undergoing treatment' is centered in the lower half of the image in a white, bold, sans-serif font.

Undergoing treatment

Your treatment plan



Understanding and choosing your treatment options

Once you've had your consultation and any necessary diagnostic tests, the next step is understanding and choosing your treatment options.

Your consultant will discuss with you the benefits and risks of each option, alternative treatments, and what you can expect in terms of recovery and outcomes.

Feel empowered to ask questions and express any concerns. Your understanding and comfort with the chosen treatment path are crucial to us.



Consultation



Diagnostic tests



Choose your treatment

Making decisions and crafting your personalised treatment plan

Making decisions about your health can be daunting, but you're not alone. Together with your consultant, you'll craft a treatment plan that's as unique as you are.

This collaborative process involves considering various factors, including your medical history, lifestyle, and personal preferences.

We prioritise clear communication, ensuring that you understand each aspect of your proposed treatment plan and feel confident in the decisions being made.

Your personalised treatment plan is a roadmap to better health, designed to offer the most effective treatments while respecting your individual needs and circumstances.



Financing your healthcare

An overview of payment options

Circle Health Group offers a variety of payment options to accommodate your financial situation.

For those with private medical insurance, we work directly with insurers to streamline the payment process. It's important to check with your insurer about coverage and pre-authorisation requirements.

For self-pay patients, we offer transparent pricing and payment plans to help manage the cost of treatment. Our dedicated team is here to help you navigate these options, ensuring you can access the care you need without financial worry.





Navigating private medical insurance

Using private medical insurance for your treatment is easy with Circle Health Group. Having a good understanding of your policy's benefits and limitations can help maximise your coverage while minimising out-of-pocket expenses. Start by verifying your coverage and any pre-authorisation needed for treatment. We can liaise with insurers to ensure claims are processed smoothly, keeping you informed every step of the way.

What is self-pay?

'Self-pay' means you cover the cost of your treatment directly. We offer competitive pricing for self-pay patients, along with detailed quotes so you understand all of the costs involved. We also provide guidance on payment plans and financing options, making private healthcare accessible for those who choose to pay for their treatment themselves.

How much does private healthcare cost?

Costs can vary based on the type and complexity of the treatment or surgery you need. We provide clear, upfront information about fees for consultations, diagnostic tests, and procedures. This ensures you know what to expect financially, without any surprises.

Contact us, or look at our treatment pages online for an idea of the costs that you may be expected to pay.



Undergoing treatment



Preparing for your treatment

As you approach the day of your treatment at Circle Health Group, being well-prepared can help ensure a smooth and stress-free experience.

Firstly, it's essential to follow any specific instructions given by your healthcare team. These may include fasting, adjusting your current medication regime, or specific instructions related to hygiene or sleep the night before.

Your pre-treatment checklist should include the following:

- Medication and health information: make sure that you prepare a list of your current medications and any important health information so that you can share this with your care team
- Personal items: pack any personal items you may need, such as glasses, hearing aids, and a change of clothes, if an overnight stay is expected
- Arrival time: confirm the time you're expected to arrive and plan to arrive a little earlier to complete any last-minute paperwork without rushing
- Transportation: arrange for transportation to and from the hospital, as you may not be able to drive yourself after the treatment

On the day of your procedure

Upon arrival, at the hospital, you'll be greeted by our staff and taken through the final steps before your treatment. This includes checking your personal and health information, discussing the procedure again to ensure you're fully informed, and answering any last-minute questions you have.

Your comfort and safety are our top priorities. Our facilities are designed to provide a calm and welcoming environment. You'll be cared for by our experienced team every step of the way, from pre-treatment preparation to recovery.

What is it like in a private hospital?

When entering a private hospital like ours, you'll notice a commitment to a welcoming, stress-free environment. From modern facilities and private rooms designed for your comfort to gourmet meal options and personalised care, we strive to make your stay as comfortable as possible.

Our staff, from receptionists to healthcare professionals, are dedicated to providing attentive, personalised service.

You'll experience shorter waiting times, comprehensive consultations, and a serene atmosphere. We are here to ensure that your healthcare journey is both effective and pleasant.

What to expect during treatment

Undergoing treatment can be an anxious time for many. At our private hospital, we aim to demystify the process, providing clear, compassionate guidance every step of the way.

From the moment you arrive for your treatment, our team will be there to support you, explaining every procedure in detail and answering any questions you may have.

Inpatient and outpatient care

Whether you're with us as an inpatient or an outpatient will depend on the nature of your treatment. Inpatients stay in the hospital for one night or more, receiving around-the-clock care from our dedicated team. Outpatients visit for treatment or consultations and return home the same day.

Our facilities are designed to offer comfort and convenience, regardless of the length of your stay, ensuring your treatment is as effective and comfortable as possible.



What if i need to stay overnight?

If your treatment requires an overnight stay, rest assured that our inpatient accommodations are designed with your comfort and well-being in mind. Our private hospital rooms offer a serene and comfortable environment where you can rest and recover with peace of mind.

Here's what you can expect:

- Accommodation: each patient room is equipped with high-quality amenities, including en-suite bathrooms, comfortable bedding, and a personal entertainment system. We strive to create a homely atmosphere where you can relax in privacy
- Facilities: our hospitals are designed to cater to your every need. This includes access to gourmet dining options with meals tailored to your dietary requirements, free Wi-Fi to keep you connected with loved ones, and communal areas if you feel up to socialising
- Support services: round-the-clock nursing care is provided to ensure your comfort and assist with any medical needs. Our team of healthcare professionals will monitor your recovery closely, administering medications and treatments as necessary to support your healing process





Aftercare instructions

Aftercare is an essential part of your treatment journey, ensuring you recover fully and effectively. We provide personalised aftercare plans, tailored to your specific treatment and needs. This may include follow-up appointments, physical therapy, or home care instructions.

Our aftercare services are designed to provide the support and care you need to return to your daily life with confidence.

Aftercare and recovery



Navigating your recovery journey

Your recovery journey is as important as the treatment itself. After your treatment, you'll receive a personalised aftercare plan designed specifically for you. This plan includes detailed instructions on care at home, medication management, and signs to watch for that might necessitate a call to your doctor.

Effective recovery at home involves following your aftercare plan closely, staying in touch with your healthcare team, and taking care of your physical and mental health. We'll guide you through this process, ensuring you know what steps to take to manage your recovery effectively and when to seek additional support if needed.

Post-treatment support

After undergoing treatment, you're not alone. We provide comprehensive post-treatment support to help you through your recovery period. This support ranges from follow-up appointments to assess your progress, to access to advice from our care team whenever you need it.

We also offer resources for managing any side effects or complications from your treatment, ensuring you have access to the care you need, exactly when you need it.

Rehabilitation and continuing care

For many patients, rehabilitation is a crucial step on the road to recovery. Depending on your treatment, you may require physiotherapy, occupational therapy, or other rehabilitation services to help restore your strength and mobility. Our rehabilitation programs are tailored to meet your individual needs, supporting you in regaining independence and improving your quality of life.

Continuing care is also essential for monitoring your recovery and adjusting your care plan as needed. Our team works closely with you to ensure your recovery is on track, providing ongoing support and adjustments to your rehabilitation plan to reflect your progress.

Managing your health after treatment

Lifestyle adjustments



Recovery is an optimal time to embrace healthier lifestyle choices. Simple adjustments like incorporating regular, gentle exercise tailored to your recovery stage can significantly enhance physical healing and improve mental well-being. We also recommend adopting sleep hygiene practices to ensure restorative rest, which is essential for recovery.

Mental health support



Recovering from treatment isn't just a physical process; it's also an emotional one. It's normal to experience a range of emotions post-treatment. Seeking support through counselling services or support groups can be incredibly beneficial. Engaging in activities that you find relaxing and fulfilling can also promote mental well-being.

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2

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4

Nutrition



Proper nutrition plays a pivotal role in your healing process. A balanced diet rich in vitamins, minerals, and proteins can aid tissue repair and boost your immune system. Our dietary specialists can provide personalised nutrition advice, helping you make choices that support your recovery and overall health.

Maintaining your health



Post-treatment, regular check-ups and screenings as recommended by your healthcare team are vital for monitoring your recovery and preventing potential future issues. Staying informed about your health condition and being proactive in managing your health can empower you in your recovery journey.



About Circle Health Group



Circle Health Group offers the UK's largest national network of private hospitals and is the leading independent provider of hospital services in the UK. We offer innovative neurological and musculoskeletal rehabilitation services and pathway management services.

We have more than 6,500 specialists practicing across our hospitals, which handle more than two million patient visits per year.

Founded in 2004, Circle has always invested in the patient experience, combining clinical excellence with peaceful surroundings where patients are treated as individuals. In 2022, Circle was named Private Hospital Group of the Year and one of the Top 25 Best Big Companies to Work For.

We aim to provide the highest standards in all aspects of patient care. This includes ensuring unequalled attention to hygiene and involving patients in the process to minimise any risks of infection. This enables us to maintain our excellent record for cases and rates of MRSA, Clostridium Difficile and wound infection. Detailed information is provided on each of these topics.

Circle Health Group



UK's largest independent hospital group



UK's most patient-focused healthcare organisation



UK's most innovative and technologically **advanced** hospital provider



Significant investment **in robotics, AI**, fully digital pathways, and online booking



First UK purpose-built state-of-the-art rehabilitation hospital



First European healthcare provider to enter Chinese market



90% of adults in the UK live within **90 minutes** of a Circle hospital



How to get in touch

Make an inquiry by visiting: www.circlehealthgroup.co.uk/enquiry-form

Book an appointment at: www.circlehealthgroup.co.uk/find-an-appointment

Or visit our website at: www.circlehealthgroup.co.uk