



Health assessments

For so much more
than a check on
your health

For Living

No
insurance
needed

Devote some time to
the most important
thing you have.

Your health





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Get to know your health

In today's busy world, health assessments are a chance to stop and take stock of your health and wellbeing. They give you a picture of where your health is at currently, with guidance and support on how to move it in the right direction for the future.

Knowledge and support

We offer a range of health assessments for different needs and priorities. With our main health assessments you'll benefit from:

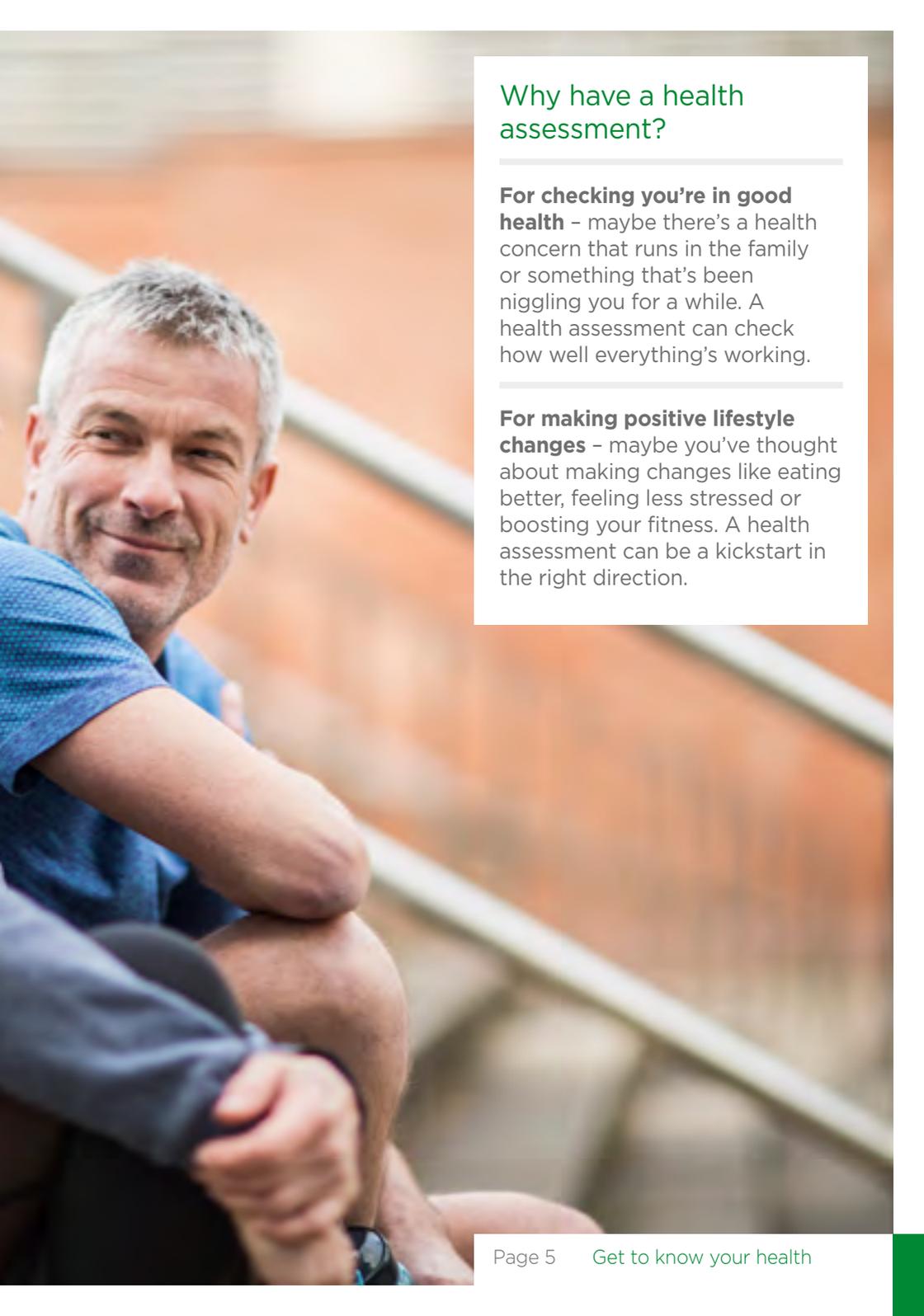
- clinical tests and measures appropriate to you individually
- dedicated time with a health professional
- advice on your health and lifestyle and how you might make positive changes for the future
- ongoing support to help you stay on track with your health goals

To find out more or book today

☎ 0333 305 9678

We may record or monitor our calls.





Why have a health assessment?

For checking you're in good health - maybe there's a health concern that runs in the family or something that's been niggling you for a while. A health assessment can check how well everything's working.

For making positive lifestyle changes - maybe you've thought about making changes like eating better, feeling less stressed or boosting your fitness. A health assessment can be a kickstart in the right direction.

Why choose us?

Helping people improve their health is at the heart of everything we do. That's why we make sure all our health assessments are in line with the latest clinical practice.

Relevant testing

Our health assessments include a core set of tests which are relevant to everyone. We can also complete specific tests that are relevant to you and your needs. For example, if during the test on your heart, we find an irregular rhythm, we can include an ECG there and then.

So much more than tests

You'll get our expert support before, during and after your assessment as well as access to lots of useful information and tools.





What results could you achieve?

Many of our customers who've had a health assessment feel inspired to improve their health and wellbeing. And for some, a health assessment can be truly life changing.

8 out of 10

customers changed their lifestyle habits*

(based on a sample of 1,316 customers)

6 out of 10

customers felt better able to deal with stress*

(based on a sample of 205 customers who chose stress as their lifestyle focus)

Over half

of customers improved their sleep*

(based on a sample of 152 customers who chose sleep as their lifestyle focus)

Just over 2/3

of customers lost weight

(based on a sample of 1,733 customers who chose weight loss as their lifestyle focus)

*Source: Internal data - 2017 health assessment outcomes. Customers questioned about their wellbeing while on their second lifestyle coaching call.

How health assessments work

Your health assessment is more than an appointment; it can be the start of a journey towards better health. That's why we'll be here for you before your health assessment, on the day and beyond.



1 For being there from the moment you book

When did you last break a sweat? Are you eating your five a day? How did you sleep last night? These are the kind of things we'll ask before your appointment to get you thinking about your current state of health. Make a note in your questionnaire and begin setting goals in our health and wellbeing app, Bupa Boost.



2 For a moment of clarity

Before you can get started with the changes you want to make, first you need to understand the current state of your health. You'll have a range of tests* - all based on clinical best practice guidelines - to help you work out which areas you should be focusing on.

*Some tests may only be provided if clinically necessary.

Who are our health advisers?

Our health advisers are trained to support you in leading a healthier lifestyle. They are nurses or specialists in areas of health such as exercise physiology and nutrition.



For making this your moment

There's nothing like a health assessment for helping you feel motivated and raring to go. Not only will you be armed with the facts about your health, but you'll talk through and agree the next steps with your health adviser and/or doctor.

Everything will be recorded in your personal online portal, so you can refer back to your results and recommendations whenever you like.



For our support every step of the way

Your health assessment isn't just a one-off appointment; you'll be taking away our support for the future. All of this is available to you after your assessment:

- a free app to set and track goals
- two lifestyle coaching calls
- access to our 24/7 Anytime HealthLine, which you can call to ask a nurse a health concern.

See more about the Anytime HealthLine and health coaching on page 16 

Our five main health assessments

Starting with a key set of tests and measures included in Health Core, our other options build on this to help you address the issues that matter to you most.

Features that can be included[^] in your health assessment:



Dedicated time with a doctor



A focus on key areas such as heart health or muscles, bones and joints



Core sets of tests and measures with standard blood test results normally ready in 15 minutes



Specific testing for male and female cancers



Advanced fitness testing



Focused physical examination

[^]These features aren't included in all of our health assessments. We offer a range of health assessments depending on which of these features may be of interest to you.

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Health Core

Lasts: 60 mins

Primarily designed for: Men and women aged 40 and under

For individuals who do not currently have any issues that require time with a doctor. Our Health Core assessment is an ideal way to get a rounded view of your current health and identify any future health risks and improvement areas.



Health Focus

Lasts: 1 hr 30 mins

Primarily designed for: Men and women aged 50 and under

If there's a history of certain illnesses and conditions in your family and you'd like to know how you may be affected, our Health Focus assessment covers the same areas as Health Core plus 30 minutes with a doctor and a targeted physical examination.



Health Enhance

Lasts: 2 hrs

Primarily designed for: Men and women over the age of 40

For keeping one step ahead of potential health issues in the future, Health Enhance builds upon our Health Focus assessment with the addition of 1 hour with a doctor and testing for some male or female specific cancers where clinically appropriate.



Health Peak

Lasts: 2 hrs 30 mins

Primarily designed for: Men and women aged between 18-70

Training for a marathon or simply looking to get up and moving more? Health Peak is our most comprehensive assessment, covering the same areas as Health Enhance with the addition of an advanced fitness and body metabolism test.



Health Mature

Lasts: 2 hrs

Primarily designed for: Men and women aged 65 and over

Why let getting older impact on your lifestyle? Covering the same areas as our Health Enhance assessment, Mature Health can also look at issues older people may face, such as postural problems or maintaining your activity and fitness levels.

Note: our five main assessments are available to anyone aged 18 and over.

Specialised assessments

To help you address particular health concerns, we offer a range of more specialised assessments. In most cases, these can be taken on their own or added to any of our main health assessments.

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Female Health

An in-depth assessment focused on breast and gynaecological health.

How long: around 60 mins	Designed for: women aged 25 and over
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What's included:

- breast examination
- cervical smear for women 25 and over (in line with NHS guidelines) Human Papillomavirus (HPV) and High Vaginal Swab (HVS) tests depending on age and medical history
- blood tests to check for raised cholesterol and anaemia
- urine test to check for diabetes and kidney issues
- up to 30 minutes with a doctor
- access to Anytime HealthLine

Breast Health

Clinical examination and doctor consultation followed by a specialist breast X-ray.

How long: around 30 mins	Designed for: women aged 40 and over
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What's included:

- 15-minute consultation with a doctor
- breast examination
- mammogram – to spot any signs of change in breast tissue that could be potentially cancerous
- access to Anytime HealthLine

Coronary Health

A scan that gives a detailed picture of the condition of your heart and its arteries.

How long:

around
60 mins

Designed for:

men and women
aged 45 and over

What's included:

- a detailed X-ray (Computerised Tomography scan) of the heart and arteries
- heart rhythm test to detect atrial fibrillation
- measure of cholesterol and levels of fatty deposits around the heart and arteries
- up to 30 minutes with a doctor
- guidance on reducing the risk of a heart attack
- two follow-up calls with a health coach
- Bupa Boost app
- access to Anytime HealthLine

Advanced fitness test

If you're motivated by your fitness, this test gives you a thorough understanding of your body's response to exercise.

How long:

around
1 hr 15 mins

Designed for:

men and women
aged 18 to 70

What's included:

- fitness score – VO₂ max (predicted) using respiratory gas analysis
- anaerobic threshold
- guidance on how to improve health and physical performance
- two follow-up calls with a health coach
- Bupa Boost app
- access to Anytime HealthLine

Colon Health

This scan produces images of the whole bowel to check for signs of polyps and cancer.

How long:

around
45 mins

Designed for:

men and women
aged 45 and over

What's included:

- a detailed X-ray (Computerised Tomography scan) of the colon and rectum
- up to 30 minutes with a doctor
- guidance on reducing the risk of bowel cancer
- access to Anytime HealthLine

Our support can make a big difference

Your health assessment isn't just a one-off appointment; you'll be taking away our support for the future. Here are some of the ways we'll be there to help you along your journey, so you can reach your goals even sooner.



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My Bupa online portal

Get online access to your health assessment and personal reports, including your full blood results within three days of your test. Don't worry, the majority of results are still available on the day, the portal just makes it easier to revisit reports.



Two follow-up coaching calls

A lifestyle coach will be in touch to see how you're doing and to give you extra tips and supportive advice.



Tools to help you take control

Receive a personal action plan as well as access to online coaching programmes and health information to help you stay on track.



Bupa Boost

Download our health and wellbeing app, Bupa Boost, to monitor your progress and set new goals for the future.



24/7 Anytime HealthLine

Get round the clock reassurance with 12 months' free access to our team of GPs and nurses. You can call to ask about any health concerns that may be bothering you.

Booking your assessment

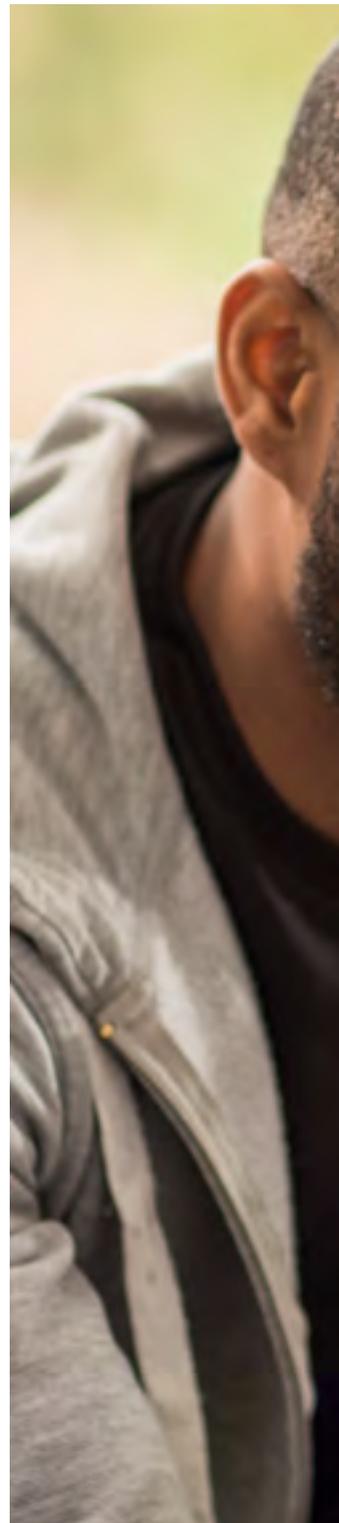
Now you've taken a look through all your options, the next step is to book your assessment. It will take place at one of our health centres. To find your nearest one, you can search using your postcode at **bupa.co.uk/our-centres**

Call or go online to book your health assessment

 **0333 305 9678**

 **bupa.co.uk/book-your-appointment**

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How else can we help?

While you're thinking about your health, don't forget you can visit us online. Our website is full of information, tools and calculators that can give you a valuable insight into your health and wellbeing.

Stay informed about your health

From abdominal pain to X-rays, we have up to date information on a huge range of health topics and conditions on our website.

Try our tools and calculators

Here are just a few ways you can start discovering more about your health online.

- **Physical activity quiz** - how much exercise should you be doing?
- **Alcohol calculator** - get to know the sensible drinking limits.
- **BMI calculator** - find out if you're a healthy weight for your height
- **Brainy app** - keep your brain active with this free app

Visit our health information pages at:

 bupa.co.uk/health-information





Bupa health assessments are provided by Bupa Occupational Health Limited. Registered in England and Wales No. 631336. Registered office:
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