

E&OE		BUPA Advanced	BUPA Complete	BUPA Essential	BUPA Female	Nuffield 360 +	Nuffield 360	Nuffield Lifestyle	Nuffield Female
Sections	Medical tests*								
Duration	Total duration	3 1/2 Hours	2 Hours	1 Hour	1 Hour	3 3/4 Hours	2 Hours	1 Hour	1 Hour
	Time with doctor	1 Hour	45 Minutes	30 Minutes	30 Minutes	1 Hour	1 Hour		1 Hour
	Time with Physiologist					1 3/4 Hours	1 Hour	1 Hour	
	Time with Health Advisor	1 Hour	1 Hour	30 Minutes	30 Minutes				
	Clinicians	Doctor Health Advisor	Doctor Health Advisor	Doctor Health Advisor	Doctor Health Advisor	Doctor Physiologist	Doctor Physiologist	Physiologist	Doctor
Understanding you	Physical examination and doctor consultation	●	●	●	●	●	●		
	Medical history and lifestyle questionnaire	●	●	●	●	●	●	●	●
	Report and personal health action plan	●	●	●	●	●	●	●	●
Body composition	Body fat percentage test	●	●	●	●	●	●	●	●
	Height and weight measurement	●	●	●	●	●	●	●	●
	Waist to height ratio measurement	●	●		●				
	Body mass index (BMI) calculation	●	●	●	●	●	●	●	●
	Metabolic rate calculation – calories required NEW	●	●						
Heart and lungs	Blood pressure and pulse rate measurements	●	●	●	●	●	●	●	●
	Resting ECG (electrocardiogram)	●	●	●		●	●		
	Carbon monoxide NEW	●	●						
	Lung function test	●	●	●		●	●		
	Detailed lung function test including flow volume loop	●							
	Measurement of heart efficiency during exercise	●							
	Measurement of lung efficiency during exercise	●							
	Cardiovascular risk score	●	●	●		●	●		
	Lung age NEW	●	●						
	Chest x-ray	●	●			●	●		
Fitness	Fitness score (VO 2 max)	●							
	Body metabolism during exercise –what fuels you burn	●							
	Advice on the best exercise for you	●							
	Strength assessment NEW	●							
	Flexibility test NEW	●							
Blood and urine	Biochemistry profile including liver and kidney function	●	●	●	●	●	●		●
	Full blood count (includes test for anaemia)	●	●	●	●	●	●		●
	Cholesterol profile blood test	●	●	●	●	●	●	●	●
	Diabetes blood test	●	●	●	●	●	●	●	●
	Blood in stool test	●	●	●	●	●	●		
	Thyroid function blood test	●	●	●	●	●	●		●
	eGFR (detailed kidney function test) NEW	●	●		●				
	Urinalysis	●	●		●	●	●		
Sensory	Hearing test	●	●						
	Vision test	●	●			●	●		
Female specific	High vaginal swab (if clinically indicated)	●	●		●	●	●		●
	Pelvic examination (if clinically indicated)	●	●		●	●	●		●
	Cervical smear test	●	●		●	●	●		●
	HPV test if indicated NEW	●	●		●				
	Breast check	●	●	●	●				
	Breast awareness instruction	●	●	●	●	●	●		●
	Mammogram (BUPA add on)	●	●		●	●	●		●
	Rubella antibodies blood test	●	●		●	●	●		●
Male specific	Testicular examination	●	●	●		●	●		
	Testicular awareness instruction	●	●	●		●	●		
	Prostate cancer blood test	●	●			●	●		
Lifestyle	Dietary assessment	●	●						
	Diabetes risk score NEW	●	●		●				