



# Bupa Health Assessments Price List 2014-2015



BUPA HEALTH ASSESSMENT		AGE	STANDARD PRICE	DISCOUNTED PRICE
Advanced Health	male	18 to 70	<del>£767.00</del>	£575.00
	female	18 to 70	<del>£767.00</del>	£575.00
	female plus	40+	<del>£861.00</del>	£669.00
Complete Health	male	18 to 70	<del>£590.00</del>	£443.00
	female	18 to 70	<del>£590.00</del>	£443.00
	female with mammography	40+	<del>£684.00</del>	£537.00
Mature Health	male	65+	<del>£649.00</del>	£487.00
	female	65+	<del>£649.00</del>	£487.00
	female with mammography	65+	<del>£743.00</del>	£581.00
Essential Health	male/female	18 to 65	<del>£402.00</del>	£302.00
Female Health		18 to 70	<del>£353.00</del>	£265.00
	plus mammography	40+	<del>£447.00</del>	£359.00
Core Health Assessment	male/female	18 to 65	<del>£164.00</del>	£123.00
Health Progress Assessment	male/female	18 to 70	<del>£164.00</del>	£123.00



Freephone: 0800 988 0085  
 Email: [service@health-matters.co.uk](mailto:service@health-matters.co.uk)  
[www.health-matters.co.uk](http://www.health-matters.co.uk)

## Find your nearest Bupa Health Centre

### SECTIONS MEDICAL TESTS\*

	Advanced	Complete	Essential	Female	Mature	Core
<b>DURATION (MINUTES)</b>	150 60	120 45	60 25	60 30	120 60	60 N/A
<b>UNDERSTANDING YOU</b>	Physical examination and doctor consultation Medical history and lifestyle questionnaire Report and personal health action plan	●	●	●	●	●
<b>BODY COMPOSITION</b>	Body fat percentage test Height and weight measurement Waist to height ratio measurement Body mass index (BMI) calculation Metabolic rate calculation - calories required	●	●	●	●	●
<b>HEART AND LUNGS</b>	Blood pressure and pulse rate measurements Resting ECG (electrocardiogram) Carbon monoxide test 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	●	●	●	●	●
<b>FITNESS</b>	Lung age Chest X-ray (if clinically indicated) Fitness score (VO <sub>2</sub> max) Body metabolism during exercise - what fuels you burn Advice on the best exercise for you Strength assessment Flexibility test	●	●	●	●	●
<b>BLOOD AND URINE</b>	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 (over 45) Thyroid function blood test (women over 50) Vitamin B12 blood test eGFR (detailed kidney function test) Urinalysis	●	●	●	●	●
<b>SENSORY</b>	Hearing test Vision test	●	●	●	●	●
<b>FEMALE SPECIFIC</b>	High vaginal swab (if clinically indicated) Pelvic examination (if clinically indicated) Cervical smear test HPV test (if clinically indicated) Breast check Breast awareness instruction Rubella antibodies blood test	●	●	●	●	●
<b>MALE SPECIFIC</b>	Testicular examination Testicular awareness instruction Prostate cancer blood test (over 50, if appropriate)	●	●	●	●	●
<b>LIFESTYLE</b>	Dietary assessment Diabetes risk score	●	●	●	●	●



● Bupa Health Centres and the health assessments offered at each Bupa Health Centre may vary from time to time.

\*For medical reasons, some tests may be omitted. If this is the case, an explanation will be provided at your appointment.