



**Bupa Core Health**  
Take control of your health





## Check your health and future risks

The Bupa Core Health Assessment provides a robust, accurate measurement of your current health and an understanding of how your lifestyle is contributing to your future health risks. By understanding these, you can take action to reduce your health risks.

# Adopt a smarter, proactive approach to your health

The evidence is clear: prevention really is the best medicine.

- Knowing your risk of developing health conditions such as diabetes or heart disease will help you discover what you can do to reduce your chances of developing them.
- Taking action to lose excess weight will reduce your risk of developing heart disease, diabetes, osteoarthritis and some types of cancer.
- Treating high blood pressure will reduce your risk of strokes and kidney failure.

## Good reasons to keep a check on your health

Getting a measurement of your health is important because actions you take now can influence and improve your health in the future. Bupa Core Health is designed to provide a robust, accurate assessment of your health and your future health risks.

It includes a series of tests on key health risk indicators including blood pressure, cholesterol and blood glucose, as well as measuring your body composition. We can also identify your risks of developing heart disease and diabetes in the future. The tests are undertaken by Bupa's trained health advisers. You'll have time to talk through your available results and develop a personal action plan with your health adviser during your appointment.

Diabetes affects over 2.6 million people in the UK. There are up to half a million people with diabetes who have the condition and don't know it

Source: Diabetes UK 2009.



## Benefits for you

- A series of specific tests undertaken in one visit, concentrating on common lifestyle health risks.
- Quick and focussed assessment - takes only one hour of your time.
- Undertaken by a trained Bupa health adviser.
- Accurate blood tests, undertaken using a blood sample, not a finger prick machine.
- Undertaken in a Bupa Centre.
- Practical advice helping you to reduce future health risks.

## Is Bupa Core Health right for you?

The Bupa Core Health Assessment is suitable for everyone, but does not include a consultation with a Bupa doctor and a number of other tests. If you would like to include a consultation with a Bupa doctor and additional tests, Bupa offers a range of other assessments which may better meet your needs. Please ask our advisers for details when you call.

## Where can I attend my health assessment?

You choose the location and appointment time to suit you. We have over 45 Bupa centres nationally for you to choose from.



To book your BUPA Health Assessment call us  
now on Freephone 0800 988 0085  
or visit us at [www.health-matters.co.uk](http://www.health-matters.co.uk)

