

When was the last time you checked your health?



Exclusive discount 25% off Bupa wellness health screens*



Health Matters has teamed up with BUPA wellness to give our clients an exclusive 25% discount off the standard health screen retail price.

This is an unbeatable discount which is only for a limited period and is exclusive to Health Matters, the leading independent intermediary for your individual or company health and wellbeing needs.

Booking is easy, simply call us on 0800 988 0085, or contact us on the link below and we can organise everything for you.



Email: service@health-matters.co.uk
www.health-matters.co.uk



*When booked before 31st March 2013.
Health Matters (UK) Limited is authorised and regulated by the Financial Services Authority.

Sections	Medical tests*	Advanced	Complete	Essential	Female
Duration	Total duration	150	120	60	60
	Time with the doctor	60	45	30	30
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 (VO2 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	●	●	●	
	Vitamin B12 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	●	●	●	●
Rubella antibodies blood test	●	●		●	
Male specific	Testicular examination	●	●	●	
	Testicular awareness instruction	●	●	●	
	Prostate cancer blood test	●	●		
Lifestyle	Dietary assessment	●	●		
	Diabetes risk score NEW	●	●		●

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