



**Bupa Essential Health**  
An assessment of your lifestyle  
and future health risks





**Introducing Bupa  
Essential Health -  
for those who want  
to know how their  
lifestyle impacts on  
their health**

# Bupa Essential Health

Do you have a busy work and social life, with little time to relax? Do you ever wonder if your lifestyle is taking its toll on your health? Now you can find out with the Bupa Essential Health assessment.

## What's included?

It involves a half-hour consultation with a doctor and a series of key tests to check for how your lifestyle may be affecting your health. When you learn the exact shape you're currently in, we give you advice on how to improve things.

## When do I get my results?

Many of the results will be available on the day, followed by a full report. You'll have plenty of time to talk through any concerns with one of our doctors.

## Why choose Bupa Essential Health?

Bupa Essential Health lets you find out if your way of life is building up any potential future health hazards. Through diet, nutrition and lifestyle advice, it will help empower you.

## Why do I need these tests?

For one in three Bupa customers, a health assessment spots a problem that they were previously unaware of.\*

“I'm so relieved that I'm in good shape.”†



\* Source: Bupa 2007 TNS Customer Satisfaction Survey

† Quote drawn from past experiences of Bupa customers

# Medical tests

## Understanding you

- Medical history and lifestyle questionnaire
- Physical examination and consultation with a doctor

## Heart and lungs

- Blood pressure and pulse measurement
- Resting ECG for signs of heart disease
- Lung function test
- Coronary risk score

## Body composition

- Height and weight measurements
- Body mass index (BMI) calculation

## Blood and urine tests

- Detailed blood and urinalysis which tests for:
  - Cholesterol levels
  - Kidney and liver function
  - Calcium levels
  - Diabetes
  - Anaemia
  - Gout
  - Thyroid blood test for women over 50
  - Haemoglobin measurements
  - Abnormalities of red cells, white cells and platelets
  - eGFR (detailed kidney function test)



## For men

- Testicular examination
- Testicular awareness instructions

## For women

- Breast check and awareness instructions
- Rubella antibodies test for women under 40

## Lifestyle

- Report and personal health action plan
- Diabetes risk score

**Total duration:** 60 minutes

**Time with doctor:** Up to 30 minutes

# Know the facts and the risks

Prevention really is the best medicine. Catching diseases in their early stages usually means a much better prognosis – early detection saves lives every year. This assessment gives you the opportunity to see how your lifestyle impacts on your health.

**Coronary heart disease** is the biggest killer in the UK.

**High blood pressure** may lead to strokes and kidney failure.

**Breast cancer** is diagnosed in over 44,000 British women annually.

**Prostate and testicular cancer** affect more than 35,000 men each year.

**Diabetes** affects more than two million people in the UK.

**Weight problems** can result in heart disease, diabetes, osteoarthritis or gallstones.

## Want to find out more?

### Why should I choose Bupa?

We are the market leaders in preventive healthcare with over 38 years of experience. What's more, our unique new generation of health assessments are created with you for your body.

### When and where can I book my appointment?

You choose the location and appointment time that suits you best<sup>†</sup>. We then send you a questionnaire for you to complete and bring along. Please note that cancellations may incur charges.

### What if I find out something is wrong?

We can refer you to a specialist or to your GP.

### What if I already have a medical condition?

Our assessments focus on your current health risks – but if you have a pre-existing condition, our knowledgeable doctors can take it into account.



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)

