



TAKE CONTROL OF YOUR HEALTH

Bupa Health Assessments

Choose from our extensive range of personalised health assessments to identify health issues and help you take the steps required to put them right.

www.bupa.co.uk/healthassessments

LEADING THE WAY IN PREVENTIVE HEALTH

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It's so important to look after yourself – and with a little expert help from Bupa you can do just that. Our health assessments can provide you with a clear and detailed picture of your health, letting you know how to stay in top condition.

We're the market leaders in preventive healthcare, providing an unparalleled range of tests to our customers. What's more, our health assessments can be personalised for you, giving you an overview of your current state of health and wellbeing, alerting you to potential problems and empowering you to take action against them.

So whatever level of assessment is right for you, you'll find they're a good idea if you want to know more about your health.



A BRIEF GUIDE TO BUPA HEALTH ASSESSMENTS

WHAT HAPPENS AT A BUPA HEALTH ASSESSMENT?

When you visit your chosen Bupa Centre, you'll find yourself in a relaxed environment with friendly, helpful staff.

An expert health adviser will accompany you through the process, including the range of tests that will give an understanding of your health. While you enjoy refreshments, we will prepare your results so they can be reviewed with a Bupa doctor who'll also be able to provide healthy living advice that's tailored to you.

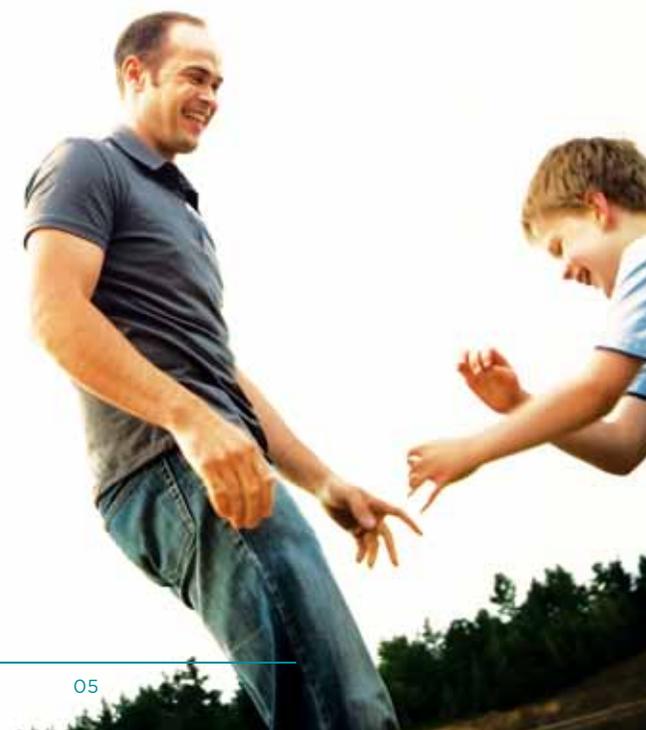
All Bupa Health Assessments include:

- a medical history and lifestyle questionnaire
- a physical examination
- a consultation with a doctor
- the opportunity to ask questions and discuss concerns
- many test results are available on the day
- a personalised health report, usually available on the day
- an action plan with practical advice to help minimise health risks

Plus, with over 43 Bupa Centres nationwide offering this service, it's easy to choose a location convenient to you.

To speak to us about the most suitable health assessment for you, or to book an appointment, call **0800 66 55 77**.

Or for more information, visit www.bupa.co.uk/healthassessments



THERE'S A BUPA HEALTH ASSESSMENT FOR EVERYONE

Our range of personalised health assessments gives you more choice than ever before, thanks to a variety of tests and Supplementary Health Checks. Select the level of assessment that's right for you, from an Essential Health Assessment that provides a focused review of your key lifestyle and health risks, to an Advanced Health Assessment for a really extensive examination of your overall health and fitness.



BUPA ADVANCED HEALTH

150 minutes, including up to 60 minutes with a Bupa doctor.

This extensive health and fitness assessment includes a series of 39 tests and measures including a cardio-respiratory exercise test. See page 8.

- Total assessment time
- Maximum time with Bupa doctor

Bupa Advanced Health

150 mins

60 mins 39 tests and measures

BUPA COMPLETE HEALTH

120 minutes, including up to 45 minutes with a Bupa doctor.

This in-depth health assessment involves a range of 32 tests and measures. See page 9.

Bupa Complete Health

120 mins

45 mins 32 tests and measures

BUPA ESSENTIAL HEALTH

60 minutes, including up to 25 minutes with a Bupa doctor.

This assessment of current health and future risks encompasses 17 tests and measures. See page 10.

Bupa Essential Health

60 mins

25 mins 17 tests and measures

If you're concerned about a specific area of your health, it's simple to address those worries by including a Supplementary Health Check. Choose from these four detailed checks that you can add on to your assessment or book independently.

In addition, many of our Bupa Centres also offer private appointments with a Bupa doctor, which may be appropriate if you would like to discuss a specific health concern.

Breast Health

A detailed examination followed by a mammogram (conditions apply) and breast awareness guidance.

Coronary Health

A CT scan that measures the calcium in the coronary artery combined with advice on minimising the risk of heart disease.

Colon Health

Less invasive than a colonoscopy, this CT scan examines the bowel for signs of early bowel cancer and polyps.

Liver Health

A painless state-of-the-art liver scan that can help indicate early liver disease before symptoms start to occur.

Please see pages 12-13 to find out more.

We also offer health assessments for specific customer needs such as Female Health and Mature Health, plus a Health Progress Assessment if you have had a Bupa Health Assessment previously. See page 11.

BUPA ADVANCED HEALTH

AN ALL-ROUND ASSESSMENT OF HEALTH AND FITNESS

The Advanced Health Assessment includes an in-depth profile of your health and a cardio-respiratory exercise test, designed to evaluate your fitness. It's our most extensive assessment combining both health and fitness tests and consultations.

Advanced Health not only offers a 60 minute consultation with a Bupa doctor and checks of key areas, but also includes a detailed analysis of your fitness using a state-of-the-art cardio-respiratory test. This shows how well your heart, lungs, muscles and metabolism perform during exercise.



Just some of the elements included...

- 60 minute consultation and examination by a Bupa doctor
- A series of 39 tests and measures including a cardio-respiratory exercise test, BMI calculation, metabolic rate calculation and body fat percentage
- A rigorous series of checks on your heart and lungs to search for early signs of disease or ill health including a lung age test and a coronary heart disease risk score
- Detailed blood tests for signs of raised cholesterol, gout and liver problems
- Urine tests to check for diabetes and kidney problems
- A prostate check for men over 50 years
- A cervical smear (if requested) and breast examination for women
- A bowel cancer test for those over 45 years
- Women over 50 have their thyroid function checked
- Women over 40 have the option of a mammogram (dependent on the date of your last mammogram - additional charge applies)

- Total assessment time
- Maximum time with Bupa doctor

Bupa Advanced Health

150 mins

60 mins 39 tests and measures

BUPA COMPLETE HEALTH

AN EXTENSIVE ASSESSMENT OF YOUR HEALTH

This health assessment provides an in-depth picture of your current state of health. With a wide range of tests and a 45 minute consultation with a Bupa doctor, you can discuss and receive medical advice on any health or lifestyle concerns you may have.

After completing an in-depth questionnaire, you'll undergo a series of physiological checks, including a thorough examination of your heart and lungs and a detailed blood analysis. These tell you exactly what shape you're in and enable us to provide you with personal medical and lifestyle action plans.

Detecting diseases and the risk of disease at an early stage usually means a much better prognosis, and early detection saves lives each year.

Just some of the elements included...

- 45 minute consultation and examination by a Bupa doctor
- A series of 32 tests and measures including body fat percentage, BMI and metabolic rate calculation
- A rigorous series of checks on your heart and lungs to search for early signs of disease or ill health including a lung age test and coronary heart disease risk score
- Detailed blood tests for signs of raised cholesterol, gout and liver problems
- Urine tests to check for diabetes and kidney problems
- A prostate check for men over 50 years
- A cervical smear (if requested) and breast examination for women
- Women over 50 have their thyroid function checked
- Women over 40 have the option of a mammogram (dependent on the date of your last mammogram - additional charge applies)

- Total assessment time
- Maximum time with Bupa doctor

Bupa Complete Health

120 mins

45 mins 32 tests and measures

BUPA ESSENTIAL HEALTH

A FOCUSED ASSESSMENT OF CURRENT HEALTH AND FUTURE HEALTH RISKS

Created for those people who consider themselves generally healthy, this is a convenient way to review key medical and lifestyle concerns.

The health assessment consists of a series of key tests, including blood pressure, pulse, ECG and body composition measures. It also includes tests for raised cholesterol, liver and kidney function and diabetes amongst others. After these, you'll receive a 25 minute consultation with a Bupa doctor who'll provide diet, health and lifestyle management advice that can empower you to make positive changes.

Just some of the elements included...

- 25 minute consultation and examination by a Bupa doctor
- A series of 17 tests and measures including blood pressure, pulse and resting ECG measurements, as well as a coronary heart disease risk score
- Detailed blood tests for signs of raised cholesterol, gout and liver problems
- Urine tests to check for diabetes and kidney problems
- A breast examination for women
- A testicular examination for men

- Total assessment time
- Maximum time with Bupa doctor

Bupa Essential Health

60 mins

25 mins 17 tests and measures



FIND OUT HOW YOU ARE, NO MATTER WHO YOU ARE

We also have three additional assessments that offer the benefits of our main range but include elements that are specifically tailored for different life stages and situations.

Female Health

This 60 minute assessment concentrates on the early detection of breast and gynaecological conditions that may affect women, and includes an in-depth consultation with a Bupa doctor or Wellwoman nurse. It also offers up to 15 tests and measures.

Mature Health

Specially designed for those 65 years old and over, this extensive two hour assessment covers all the tests of the Complete Health Assessment with additional time with a doctor and tests more relevant to mature customers.

Health Progress

Our Health Progress Assessment offers previous health assessment customers an opportunity to return for a quick and focused check on their lifestyle-influenced health indicators. It's a good way to find out how your health indicators have changed since your assessment, measure your improvement and boost your motivation.

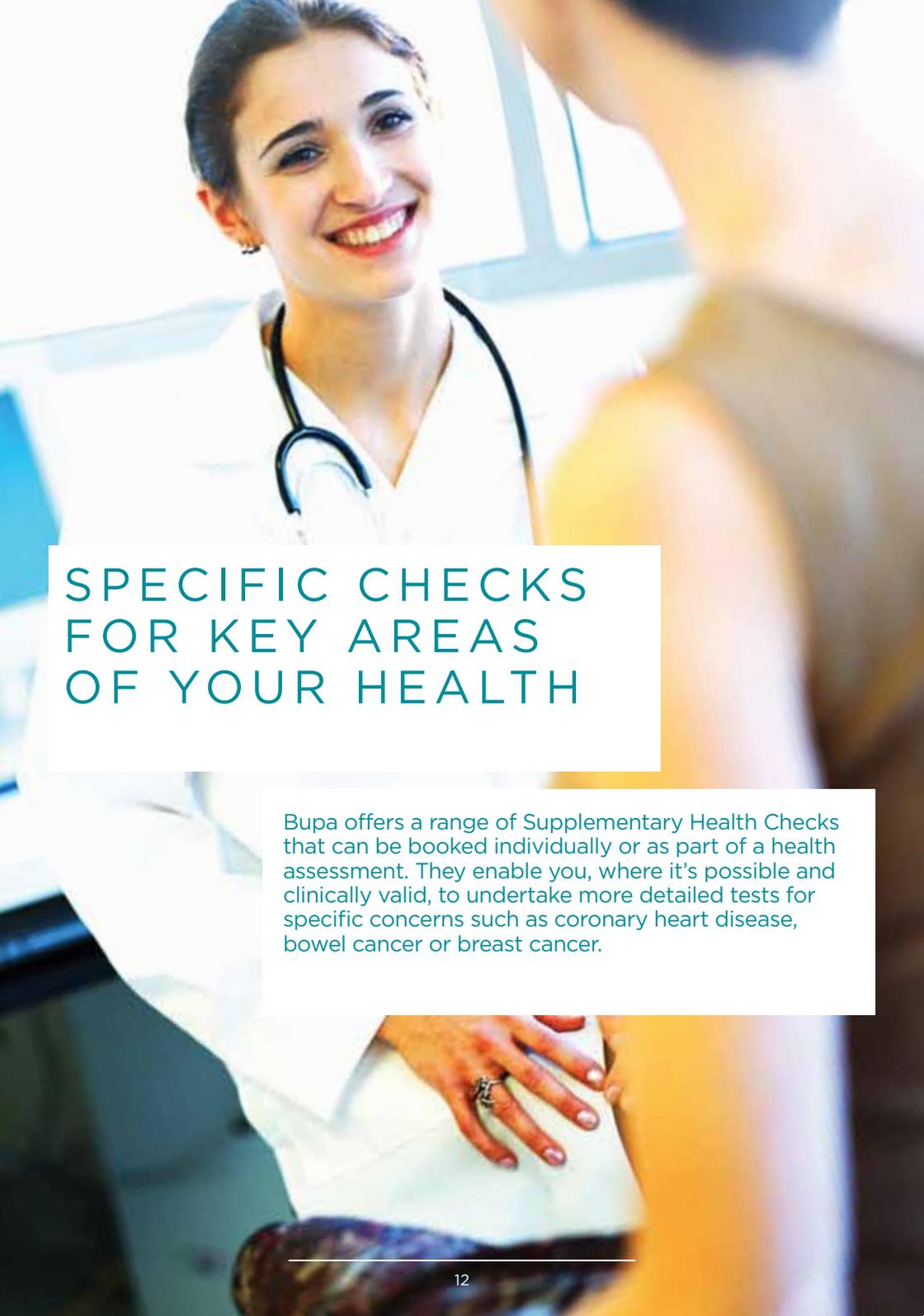
The assessment includes...

- A pelvic examination if clinically indicated
- Urine tests for diabetes and kidney issues
- Cervical smear and blood analysis

The assessment includes...

- A vitamin B12 blood test
- A hearing and sight test
- Detailed blood analysis for conditions like diabetes, gout and anaemia





SPECIFIC CHECKS FOR KEY AREAS OF YOUR HEALTH

Bupa offers a range of Supplementary Health Checks that can be booked individually or as part of a health assessment. They enable you, where it's possible and clinically valid, to undertake more detailed tests for specific concerns such as coronary heart disease, bowel cancer or breast cancer.

SUPPLEMENTARY HEALTH CHECKS[†]

Breast Health

As breast cancer is the most common cancer in the UK¹, it pays to be proactive and seek prompt health advice. Our detailed breast examination is followed by breast awareness guidance. Mammograms are offered to those over 40, depending on when previous mammograms have been performed.

Coronary Health

Heart disease is the biggest killer in the UK². Be proactive and search for early signs of disease with the latest scan. It looks for early signs of heart disease in the arteries. If this is detected, treatment, exercise and improved nutrition may help prevent a heart attack. The scan is suitable for those aged between 40 and 69.

Colon Health

Finding early bowel cancers make a significant difference in survival¹. The current method, faecal occult blood testing, reduces deaths from bowel cancer. But it will not detect all polyps or those which are not bleeding at the time of testing. Colon Health uses advanced

CT scanning to look inside the bowel, where large polyps can be easily seen. If potential cancerous polyps are detected, we would recommend you have further investigations to exclude bowel cancer. The test is simple and lasts approximately 20 minutes on a CT scanning machine. It requires bowel preparation with a strong laxative the day before. The test is suitable for anyone over the age of 45 years.

Liver Health

Today's lifestyle, including being overweight and alcohol consumption, can make liver disease more likely. Conventional liver function tests may remain normal even when there is early liver damage. Our state-of-the-art liver scan can help indicate early liver disease before symptoms are experienced. The test is painless and suitable for most people.

¹Cancer Research UK

²British Heart Foundation 2007

[†]Some restrictions apply to Supplementary Health Checks. Supplementary Health Checks are not available as add ons to Bupa Female Health (except Bupa Breast Health)

THERE'S A BUPA CENTRE NEAR YOU

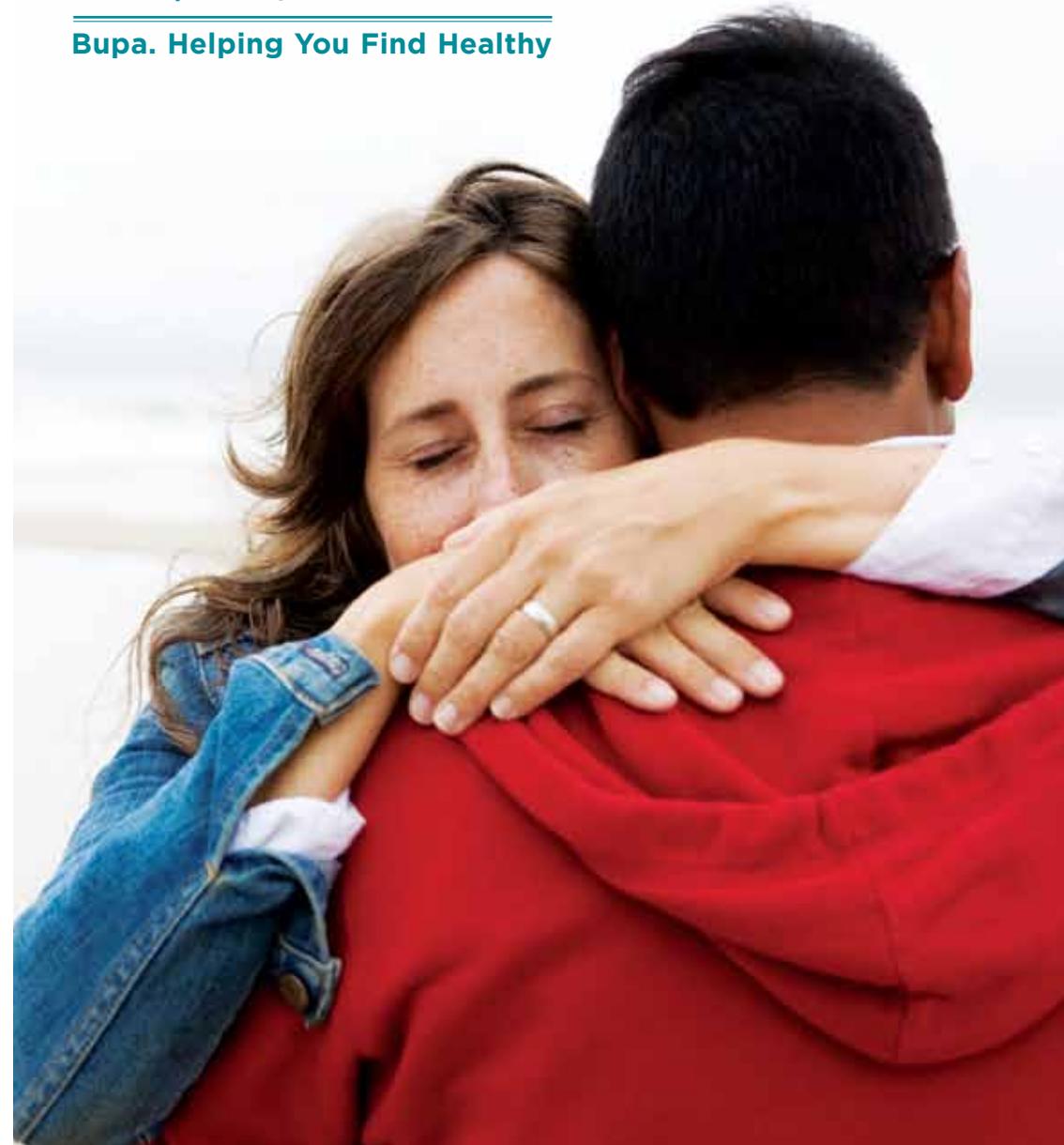


TO FIND OUT MORE OR BOOK A BUPA
HEALTH ASSESSMENT CALL

0800 66 55 77*

www.bupa.co.uk/healthassessments

Bupa. Helping You Find Healthy



LOOKING AFTER EVERY ASPECT OF YOUR HEALTH

Did you know that Bupa offers a wide range of additional services at Bupa Centres across the UK that help keep you feeling healthy from top to toe?

Bupa Physiotherapy

Find out more by calling **0845 600 4778***

Bupa Dental Treatments

Find out more by calling **0845 600 4779***

Bupa Cosmetic Treatments

Find out more by calling **0845 600 6034***

Or visit www.bupa.co.uk/keeping-well

TO BOOK YOUR BUPA HEALTH ASSESSMENT CALL

0800 66 55 77*

www.bupa.co.uk/healthassessments

No membership necessary

Bupa. Helping You Find Healthy

*Calls may be monitored and may be recorded. Lines are open Monday to Friday 8am to 6pm, and Saturday 8am to 1pm.

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