

Take a closer look at **Health Core**
A fresh approach for
your employees' health



Our Health Core assessment provides a well-rounded view of where your employee's health is currently.

For a well-rounded view of where an employee's health is currently, Health Core provides the employee with a core set of test results to help identify key health risks, backed up with ongoing guidance and coaching from our health advisers, on achieving a healthier lifestyle.

Collective data is available to you as top-line reports of your employees' health*. The reports can provide a valuable insight about your workforce, helping you shape a more effective wellbeing strategy.

What's included:

- A core set of tests aimed at identifying key health risks
- Directions towards a healthier lifestyle through access to Bupa Boost and lifestyle support after the assessment

Who's it for:

Health Core is available to anyone aged 18 to 65 but designed with those under 40 in mind.



Over 25% of people in England have high blood pressure but many don't know it. If left untreated, high blood pressure increases your risk of a heart attack or stroke¹

Total assessment time: **60 mins**

Health Adviser

30 mins Tests

30 mins Review

Price

£171



The following optional health tests are available at an additional cost;

Colon CT scan

For employees aged 45 and over wanting to be tested for early signs of bowel cancer.

Coronary CT scan

For employees aged 45 and over wanting to check for early signs of coronary heart disease.

Mammography

For females** who want an x-ray examination to screen for any changes in the breast tissue, in order to detect the presence of cancerous cells.

Advanced fitness test

For employees aged 18 to 70, wanting a greater understanding of their fitness. The advanced fitness test assesses the efficiency of the cardiovascular, respiratory and muscular systems in response to exercise.

*Based on minimum of 30 employees having health assessments due to data protection and employees' right to remain anonymous. 100+ provides extensive report.

**Subject to age eligibility criteria



Supporting your employees at every step

1 Pre-assessment

- Online questionnaire
- Access to our new mobile app, Bupa Boost

2 Assessment

- An enhanced set of core tests and measures which aim to identify key health risks and lifestyle habits
- Review and discussion of test results and minimising health risks for the long term

Physical activity can help reduce your risk of heart disease. It can also help you control your weight, reduce blood pressure and cholesterol and improve your mental health - helping you to look and feel great.²

British Heart Foundation

3 Recommendations

- Lifestyle consultation and guidance towards healthier choices
- An assessment of the employee's confidence and motivation to change, with an action plan of practical goals to help improve their long-term wellbeing
- Employees can review their assessment results in detail online as well as any action plans discussed

4 Ongoing support

- Follow-up support with a Bupa health adviser at key milestones after the assessment
- Continued access to the Bupa Boost mobile app, to track results and monitor progress 24/7, and keep the employee engaged with their health journey via health information, tools and calculators
- 24/7 access and unlimited telephone consultations with our team of GPs and nurses, via our Anytime HealthLine

¹ [http://www.nhs.uk/conditions/Blood-pressure-\(high\)/Pages/Introduction.aspx](http://www.nhs.uk/conditions/Blood-pressure-(high)/Pages/Introduction.aspx)

² <https://www.bhf.org.uk/heart-health/preventing-heart-disease/staying-active>

Health Core tests and measures in detail

Lifestyle

- Lifestyle assessment (smoking, alcohol and sleep)
- Mental health and stress indicator
- Musculoskeletal assessment
- Physical activity assessment
- Diabetes risk
- Diet assessment
- Lifestyle feedback and coaching with two follow up interventions with a health adviser

Heart

- Blood pressure (both arms)
- Cardiovascular risk
- Heart rhythm screening

Body composition

- Height, weight and body mass index
- Waist measurement and waist-to-height ratio
- Body fat, basal metabolic rate and estimated energy requirement

Blood and urine tests

- Lipids (total cholesterol, high-density lipoprotein, low-density lipoprotein and triglycerides)
- Diabetes HbA1c (glycated haemoglobin - non-fasting)
- Haemoglobin (anaemia)
- Kidney risk - eGFR[†] and kidney risk - ACR[†] (detailed kidney function tests)

[†]If clinically indicated.

For more information, contact your Bupa account manager or intermediary partner

 Call **0345 600 3476**

 or visit **bupa.co.uk/business-health-assessments**

We may record or monitor our calls.
