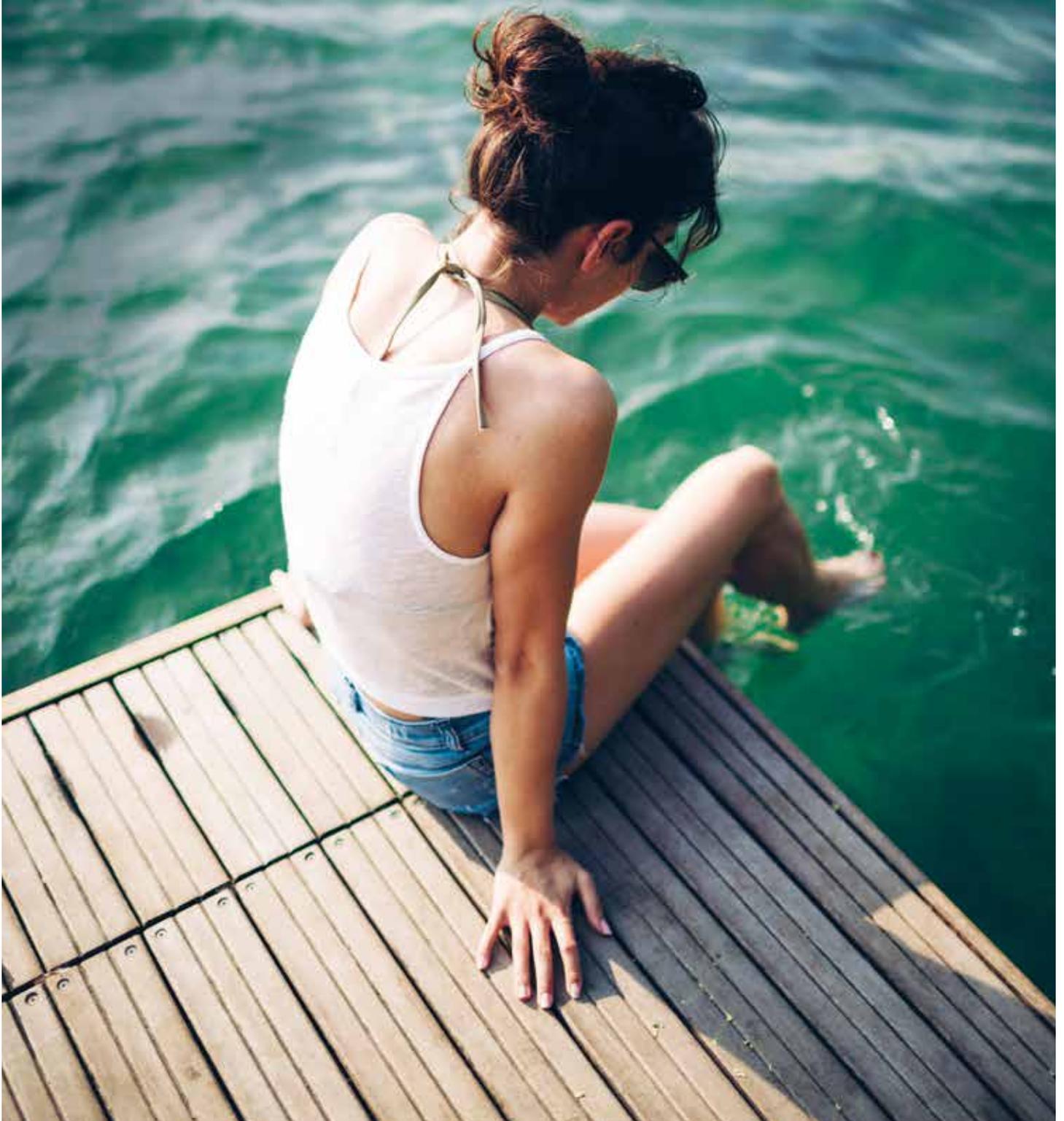


Take a closer look at **Health Enhance**
Increased insight with male
and female health checks



Our Health Enhance assessment provides a detailed picture of the condition of your employee's health.

Through a core set of tests and measures, Health Enhance is designed to both identify key health risks, and encourage behaviour change that could lead towards a healthier lifestyle.

It also provides a general doctor examination, male or female health checks for the early detection of gender-specific cancers, with a doctor consultation of up to 60 minutes.

This gives your employee an opportunity to pinpoint specific male or female health concerns, and discuss any other health matters they might have.

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
- Male or female health checks, aimed at early detection of gender-specific cancers
- A consultation with a Bupa doctor for up to 60 minutes

Who's it for:

Health Enhance is available to anyone aged 18 to 70 but designed with those over 40 in mind.

Total assessment time: 2 hrs

Health Adviser

30 mins Tests

30 mins Review

Doctor Consultation

30 mins Consultation

15 mins Additional tests

15 mins Personalised report

Price

£614



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



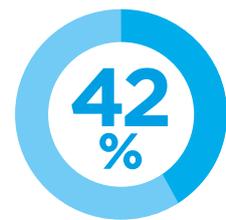
Supporting your employees at every step

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
- Doctor consultation for up to 60 minutes
- Male or female health checks
- Review and discussion of test results and minimising health risks for the long term



42% of cancer cases in the UK each year are linked to lifestyle factors¹

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.cancerresearchuk.org/health-professional/cancerstatistics/risk#heading-One>

Health Enhance tests and measures in detail

Lifestyle

- Lifestyle assessment (smoking, alcohol and sleep)
- Mental health and stress indicator
- Anxiety and depression assessment[†]
- Musculoskeletal or hearing assessment - employees choose what's most relevant to them
- 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
- Resting ECG[†] (electrocardiogram)

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)
- Urinalysis to detect infection, diabetes or kidney problems
- Thyroid function check[†]
- Additional pathology tests, including full blood count, calcium, urea, liver function and uric acid can be completed, if clinically indicated, based on your individual risk and after discussion with your Bupa doctor

[†]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](https://www.bupa.co.uk/business-health-assessments)**

We may record or monitor our calls.

Physical examination

- General examination
- Bowel cancer test, age 45+
- Chest x-ray[†]

For men:

- Testicular examination
- Prostate examination
- PSA test, age 50+ (to help detect changes in the prostate)

For women:

- Breast examination
- Cervical smear test, age 25+
- HPV test (human papilloma virus - if abnormality detected in smear)
- HVS test[†] (high vaginal swab)

Includes a consultation with a Bupa doctor for up to 60 minutes to discuss any health concerns your employee may have