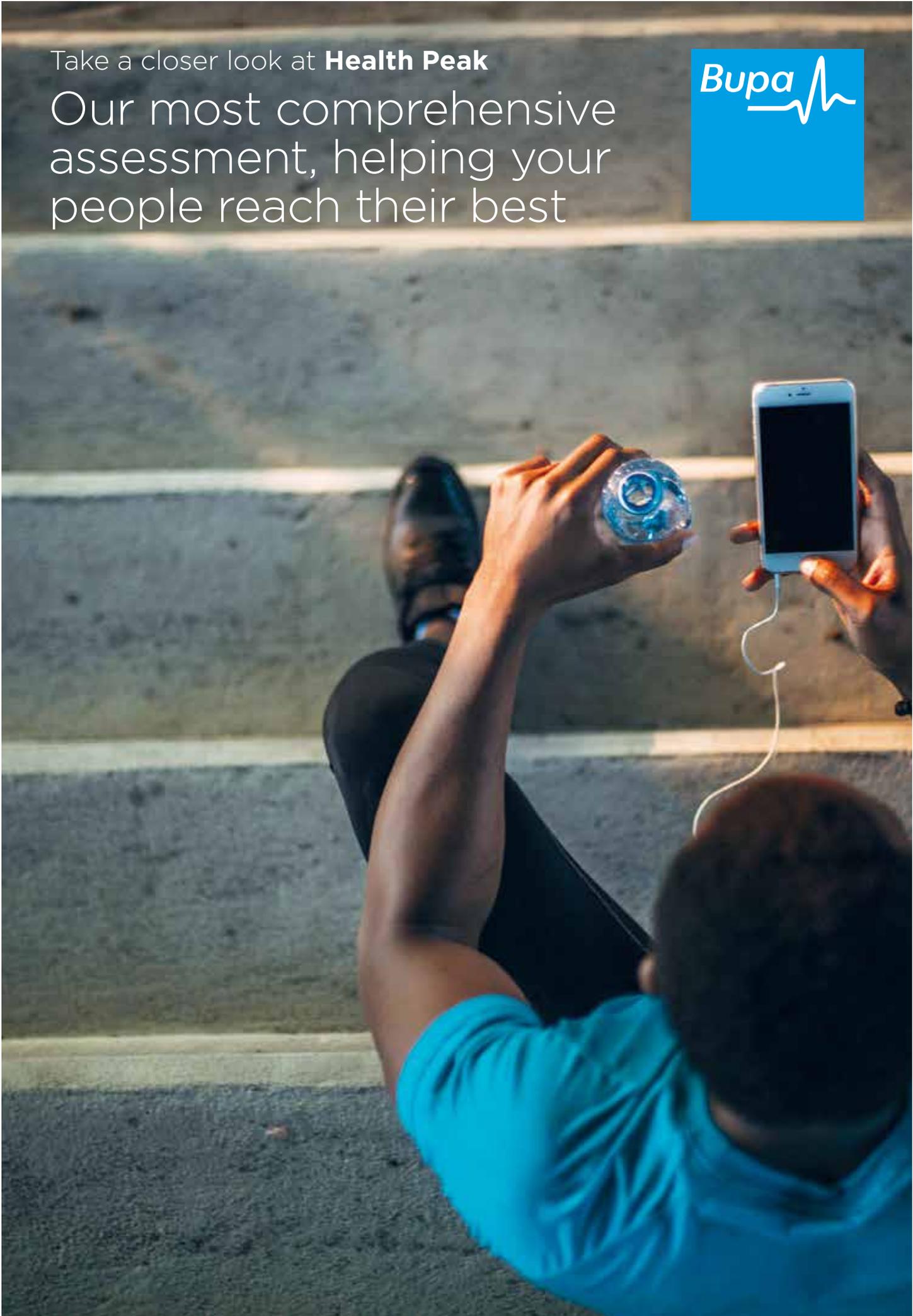


Take a closer look at **Health Peak**

Our most comprehensive
assessment, helping your
people reach their best



Health Peak is our most comprehensive health assessment, designed to help employees perform at their best.

Through a core set of tests and measures, Health Peak is designed to both identify key health risks, and offer clear directions for getting fitter and feeling healthier.

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

This is followed by an advanced fitness test, using the latest technology to measure physiological responses to exercise, and offering guidance towards improved levels of fitness and performance.

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
- Advanced fitness test

Who's it for:

Health Peak is available to anyone aged 18 to 70.

Total assessment time: 2 hrs 30 mins

Health Adviser

30 mins Tests

30 mins Review

Additional Tests

45 mins Advanced fitness test and results review

Doctor Consultation

30 mins Consultation

15 mins Additional tests

15 mins Personalised report

Personalised report completed simultaneously to the advanced fitness test.

Price

£798



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.

*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
- Advanced fitness test
- 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



Exercise can reduce the risk of major illnesses, such as heart disease, stroke, diabetes, and cancer, by up to 50%¹

3 Recommendations

- Lifestyle consultation and guidance towards healthier choices
- An assessment of the employee's confidence and motivation to change, with an action plan towards practical goals to help improve their long-term wellbeing
- Assessment results and action plans available online

4 Ongoing support

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

¹ <http://www.nhs.uk/conditions/stress-anxiety-depression/pages/stress-relief-exercise.aspx?tabname=Common%20problems>

Health Peak 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)

Fitness assessment

Pre-exercise tests:

- Lung function assessment
- Grip strength

Advanced fitness test, including assessments of:

- Personalised fitness score – VO₂max (predicted), using breath by breath gas analysis
- The body's efficiency in response to exercise
- Anaerobic threshold

Post-exercise review:

- Results review
- Consultation
- Report and action plan

Includes up to 60 minutes' doctor consultation to discuss any health concerns your employee may have